



NO FRILLS NO FLUFF™
LEADERSHIP DEVELOPMENT

FOR IMMEDIATE RELEASE:

October 28, 2009

CONTACT: Jessika M. Ferm

(614) 441-8972 or
Barbara Wayman, APR
(614) 766-6878

J.Ferm, LLC Donates \$1,000 to the Center for Balanced Living

(COLUMBUS, OH) – J.Ferm, LLC, a leadership and organizational development firm based in Columbus, Ohio with offices in Boston and Sweden, recently donated \$1,000 to The Center for Balanced Living, a provider of specialized eating disorder treatment to adults throughout the Columbus area. The donation will fund a scholarship for one patient to attend the Center’s M’s Place, a partial hospitalization program for patients who need daily structure to aid in recovery.

The Center for Balanced Living was founded in 2001, and specializes in evidence-based treatment, education and prevention, and research in the area of eating disorders and fosters balance in the lives of all persons served. More information is available at

www.thecenterforbalancedliving.org.

“We believe it’s important to support the community which supports us, so each year we select a worthy organization and make a contribution,” said Jessika M. Ferm, president of J.Ferm. “This year we selected the Center for Balanced Living and M’s Place because we wanted to make a difference for one person who is committed to making personal changes to live more actively. We often think of leadership as the act of leading a group of people, but before we can lead others, we have to learn to lead ourselves effectively. M’s Place is unique in that it offers a place to recover physically and emotionally while developing skills and tools that last a lifetime.”

J.Ferm is a leadership development company founded in 2002. The company is headquartered in Columbus and has offices in Boston and Gothenburg, Sweden. It offers comprehensive leadership and executive development products, such as consulting, telecourses, workshops, assessments and keynote speaking. Ms. Ferm is a Professional Certified Coach who often works with dominant executives who are interested in becoming more powerful communicators and leaders. She was named a “Top Ten Executive Coach” by *Women’s Business Boston* and a Forty Under 40 rising leader by *Columbus Business First*. Further information about J.Ferm is available at (614) 441-8972 or at www.jferm.com.

###