

monster[®]

EMPLOYMENT INDEX

Monster Employment Index Canada Up Six Points in Q3

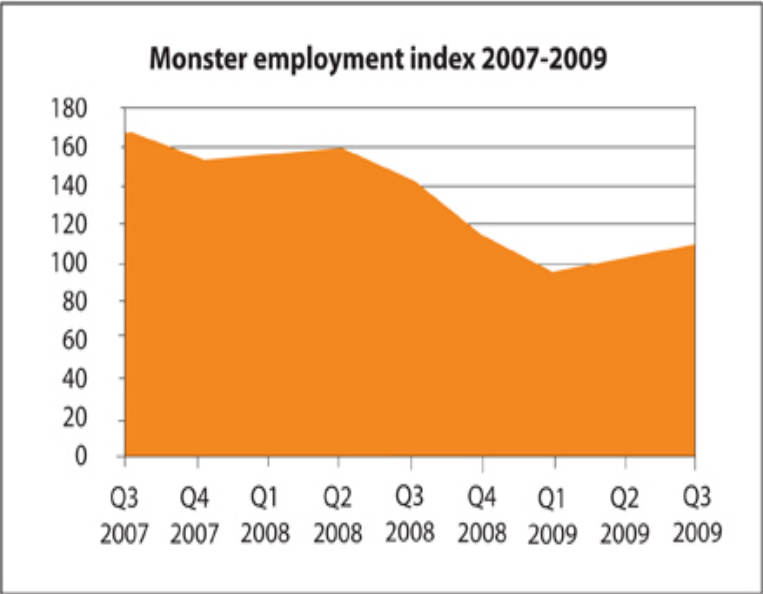
- Index of online job postings climbs six points to 108 in third quarter of 2009
- 8 of 10 job categories, 10 of 13 cities tracked register stronger online recruitment
- Most provinces show higher online recruitment
- Online postings remain 26 percent lower compared to the 2008 Q3 period

The Monster Employment Index Canada increased by six points to 108 in the third quarter of 2009, rising amid stronger online recruitment in most provinces and major Canadian cities tracked. The Index posted its second consecutive quarterly increase but remains down overall by 26 percent year-over-year.

The Monster Employment Index Canada is based on a real-time review of millions of employer job opportunities culled from a large,

representative selection of corporate career sites and job boards, including Monster.ca®.

During the third quarter of 2009, eight of the 10 occupational categories tracked by the Index showed stronger online job demand compared to the previous quarter. Index results for the latest quarter, as well as previous quarters, are as follows:



Q3 2009	Q2 2009	Q1 2009	Q4 2008	Q3 2008	Q2 2008	Q1 2008	Q4 2007	Q3 2007
108	102	99	118	145	160	156	151	165

“The Monster Employment Index has increased for a second consecutive quarter and reflects significant increases in online recruitment across the country,” said Peter Gilfillan, senior vice president of international sales and general manager of Monster Canada. “While hiring activity by Canadian employers remains lower than a year ago, it continues to show clear gains that are encouraging as we head into the fourth quarter.”

Online Recruitment Rises in Eight of 10 Job Categories Tracked

Eight of the 10 major job categories tracked by the Monster Employment Index posted stronger online recruitment in Q3, led by three sectors: business, finance and administration, sales and services, and natural and applied sciences, which includes computer- and IT-related occupations.

Online recruitment in business, finance and administration jobs rose about six points to 81 in Q3 but remained down by 23 percent compared to the 2008 Q3 period. Online recruitment in sales and service occupations rose eight points to 87 but was down 17 percent from a year earlier. Online job opportunities in trades, transportation and equipment operator jobs increased by about four points to 87, down 26 percent from a year earlier.

Online opportunities in management occupations climbed a point to 84, but remained down 32 percent from a year earlier. Online job availability in processing and manufacturing occupations rose by 15 points to 93 but was down year-over-year by 25 percent.

Online recruitment for jobs in health occupations climbed by five points to 108 during Q3, unchanged from a year earlier.

Occupations in natural and applied sciences climbed six points to 110, but the category was down 22 percent year-over-year. Art, culture and recreation jobs gained seven points to 110 but remained down by 21 percent year-over-year.

Occupations in social science, education, government service and religion remained stable at about 79 but that category was down 12 percent from the 2008 Q3 period. Occupations unique to primary industry fell by about 10 points to 99, down 45 percent year-over-year.

National Occupation Classifications	2009			2008				2007	
	Q3	Q2	Q1	Q4	Q3	Q2	Q1	Q4	Q3
Business, Finance and Administrative Occupations	81	75	77	94	106	114	113	102	104
Health Occupations	108	103	98	103	108	130	149	122	116
Management Occupations	84	83	92	112	123	152	146	116	111
Natural and Applied Sciences and Related Occupations	110	104	108	121	133	157	162	140	145
Occupations Unique to Primary Industry	99	109	117	126	182	193	199	171	148
Occupations Unique to Processing, Manufacturing and Utilities	93	78	87	115	125	146	135	144	154
Occupations in Art, Culture, Recreation and Sport	110	103	107	137	140	129	123	135	138
Occupations in Social Science, Education, Government Service and Religion	79	80	76	81	90	101	97	112	98
Sales and Services Occupations	87	79	84	97	104	124	129	116	115
Trades, Transport and Equipment Operators and Related Occupations	87	83	77	95	118	130	120	128	131

Online Job Availability Increases in Most Provinces

Online job availability during the third quarter of 2009 was stronger in all provinces except Saskatchewan.

For Central Canada, recruitment climbed 11 points to 91 in Ontario and three points to 125 in Quebec amid stronger demand for workers in sales and service jobs, business, finance and administration jobs, and trades and transportation.

In the West, online recruitment climbed by five points in British Columbia to 110 and by three points to 98 in Alberta. Manitoba was up by a point to 112. Gains in the West were driven by stronger demand for workers in natural and applied sciences, health occupations, and sales and services. Saskatchewan was down four points to 94.

Eastern Canada saw gains across the board, with all four provinces seeing stronger recruitment led by natural and applied sciences, health occupations, and sales and services. Online opportunities climbed in Nova Scotia by about 17 points to 113, in New Brunswick by about 14 points to 107 and in PEI by about eight points to 127. Newfoundland/Labrador rose one point to 136.

Provinces & Territories	2009			2008				2007	
	Q3	Q2	Q1	Q4	Q3	Q2	Q1	Q4	Q3
Alberta	98	95	96	118	141	148	147	137	151
British Columbia	110	105	96	108	126	136	137	133	146
Manitoba	112	111	111	121	132	141	140	157	180
New Brunswick	107	93	90	98	118	113	113	155	169
Newfoundland and Labrador	136	135	125	147	158	177	163	142	155
Nova Scotia	113	96	78	83	122	144	112	139	173
Northwest Territories	107	103	99	103	102	110	157	153	131
Nunavut	122	131	109	120	116	139	160	156	141
Ontario	91	80	82	103	135	148	152	147	161
PEI	127	119	104	110	129	136	97	128	153
Quebec	125	122	119	132	149	158	136	124	128
Saskatchewan	94	98	81	106	139	133	127	119	152
Yukon	100	97	95	96	101	111	138	141	125

Adjusted to total working population, the Monster Employment Index Canada found the following provinces to be the top six in terms of online job availability during the third quarter of 2009:

Rank	Province
1	Alberta
2	Saskatchewan
3	Nova Scotia
4	PEI
5	Quebec
6	British Columbia

Online Job Availability Climbs in 10 of 13 Major Cities

Online recruitment Online recruitment activity was stronger in 10 of the 13 major cities monitored by the Index, with one city remaining unchanged and only two losing ground in Q3.

In Ontario, online opportunities in Toronto increased after five consecutive quarterly declines, rising about nine points to 89 amid stronger activity in sales and service jobs, business, finance and administrative occupations and natural and applied sciences.

Activity in Ottawa-Gatineau gained four points to hit 120 as demand rose for workers in sales and service jobs and in business, finance and administrative occupations. Hamilton saw online recruitment rise 12 points to 124 as demand rose for workers in sales and services and management jobs. Online recruitment in Kitchener fell two points to 105.

In Quebec City, online recruitment rose by 23 points to 182 while Montreal increased 16 points to 151 amid stronger demand in the sales and services sector in both cities.

In the West, online recruitment increased in Vancouver by four points to 111, in Calgary by about two points to 103 and in Winnipeg by about one point to 135, amid stronger demand in natural and applied sciences, trades and transportation, and sales and services. Online recruitment also increased in Edmonton by three points to 100 amid recruitment for workers in trades and transportation and sales and services. Saskatoon remained unchanged at about 91 points in Q3 while Regina saw online recruitment fall two points to 105.

In the East, online recruitment in Halifax rose by about 24 points to 147 amid higher demand in health, trades and transportation, and sales and services.

Census Metropolitan Areas	2009			2008				2007	
	Q3	Q2	Q1	Q4	Q3	Q2	Q1	Q4	Q3
Calgary	103	101	100	114	131	140	139	131	139
Edmonton	100	97	98	122	147	153	154	148	164
Halifax	147	123	119	124	130	151	98	139	147
Hamilton	124	112	121	157	194	214	211	181	196
Kitchener	105	107	103	120	143	155	161	153	155
Montreal	151	135	140	150	188	193	176	154	159
Ottawa/Gatineau	120	116	112	113	132	132	136	130	133
Quebec City	182	159	151	146	154	156	135	119	132
Regina	105	107	88	109	139	129	123	122	149
Saskatoon	91	92	78	98	132	129	126	117	144
Toronto	89	80	82	98	121	135	147	142	154
Vancouver	111	107	96	105	116	126	130	128	139
Winnipeg	135	134	133	143	156	166	165	173	197

Adjusted to total working population, the Monster Employment Index Canada found the following cities to be the top six in terms of online job availability during the third quarter of 2009:

<u>Rank</u>	<u>CITY</u>
1	Quebec City
2	Regina
3	Calgary
4	Saskatoon
5	Edmonton
6	Halifax

About the Monster Employment Index Canada

The Monster Employment Index Canada is a broad and comprehensive quarterly analysis of Canadian online job demand conducted by Monster Worldwide, Inc. (NYSE: MWW), parent company of the leading global online careers and recruitment resource Monster[®]. As the first national index measuring real-time online job demand, the Monster Employment Index Canada is based on millions of online job postings and data culled from Monster Canada (www.monster.ca), as well as a number of other recruitment Web sites considered representative of employer activity nationwide.

With data collected since April 2005, the Index uses a consistent methodology to track overall online job demand in Canada, providing Canadian labour-market watchers with a new forward-looking indicator of employer demand for employees. All of the data and findings in the Monster Employment Index Canada are validated for accuracy through third party auditing conducted by U.S.-based Research America, Inc. . Index reports can be accessed and subscribed to free-of-charge online at <http://www.about-monster.com/employment-index>. The next report of the Monster Employment Index Canada will be released in January 2010. To obtain a full copy of the Monster Employment Index Canada report for the third quarter of 2009, including all charts and tables, or subscribe and have future reports emailed to you on a quarterly basis, please visit <http://www.about-monster.com/employment/index/18>.

About Monster Canada

Monster Canada (www.monster.ca) is Canada's leading online career resources portal - a bilingual, user-friendly site that is improving the employment and recruitment experience in today's competitive job market. Headquartered in Montreal, Monster Canada is part of Monster, the leading global careers and recruitment resource online. With a local presence in key markets in North America, Europe, and Asia, Monster works for everyone by connecting employers with quality job seekers at all levels and by providing personalized career advice to consumers globally. Through online media sites and services, Monster delivers vast, highly targeted audiences to advertisers. Monster Worldwide is a member of the S&P 500 Index. To learn more about Monster's industry-leading employer products and services, please visit <http://hiring.monster.ca>.

About Monster Worldwide

Monster Worldwide, Inc. (NYSE: MWW), parent company of Monster®, the premier global online employment solution for more than a decade, strives to inspire people to improve their lives. With a local presence in key markets in North America, Europe, Asia and Latin America, Monster works for everyone by connecting employers with quality job seekers at all levels and by providing personalized career advice to consumers globally. Through online media sites and services, Monster delivers vast, highly targeted audiences to advertisers. Monster Worldwide is a member of the S&P 500. To learn more about Monster's industry-leading products and services, visit www.monster.com.

- 30 -

Special Note: Safe Harbor Statement Under the Private Securities Litigation Reform Act of 1995: Except for historical information contained herein, the statements made in this release constitute forward-looking statements within the meaning of Section 27A of the Securities Act of 1933 and Section 21E of the Securities Exchange Act of 1934. Such forward-looking statements involve certain risks and uncertainties, including statements regarding Monster Worldwide, Inc.'s strategic direction, prospects and future results. Certain factors, including factors outside of Monster Worldwide's control, may cause actual results to differ materially from those contained in the forward-looking statements, including economic and other conditions in the markets in which Monster Worldwide operates, risks associated with acquisitions, competition, seasonality and the other risks discussed in Monster Worldwide's Form 10-K and other filings made with the Securities and Exchange Commission, which discussions are incorporated in this release by reference.

For more information please contact:

ROBERT WAGHORN

Monster Canada

514-350-0702

robert.waghorn@monster.ca

JENNIFER WASLEY

Porter Novelli Canada for MONSTER.CA

416-422-7189

Jennifer.wasley@porternovelli.com