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HEADWAY CORPORATE RESOURCES ANNOUNCES ZOGBY SURVEY RESULTS

Temporary and full-time workers' patterns surprisingly similar

Raleigh, N.C.—October 23, 2007—Headway Corporate Resources (www.HeadwayCorp.com) today announced results of a survey comparing the lifestyles of temporary and full-time employees. Conducted by Zogby International, the study explained that while the temporary employment marketplace is misperceived as entry level and undereducated, temp working is a lucrative option for all levels of professionals. Headway's study demonstrates for the first time that full-time and temporary employees are on par with regard to lifestyle, family time, stress, eating habits, and – most importantly – healthy living.

J.P. Sakey, President and CEO of Headway, explained why the findings were relevant. "Contrary to popular belief, temporary employment affords individuals— particularly baby boomers and recent grads—many options," he said. "These groups both desire to balance lucrative careers and lifestyle priorities. Survey results, detailed here, prove that this is possible through temporary opportunities."

Here are highlights of the Headway study:

59% of temporary workers and 60% of full-time employees are happy with the amount of time they spend with their families.

While temps do not necessarily have the same predictable work schedule as a full-time employee, survey results indicate that quality time with loved ones does not suffer.

40% of temporary workers and 36% of full-time employees say work doesn't cause stress/strife in their personal life.

Work by definition is stressful so it's no surprise that more than half of both employee groups indicated that they suffer job-related stress. Temps, however, benefit from less work-related stress due to greater flexibility and more control over their employment situation.

45% of temporary and 39% of full-time employees say that work does not negatively affect their eating habits.

Temporary workers are eating as healthily (or unhealthily) as their full-time counterparts. They are falsely assumed to have poor eating habits because of limited budgets and "unsettled" work situations.

73% of temporary workers and 69% of full-time employees state they do not visit the doctor frequently.

Despite the common misconception that temps don't have access to good medical benefits, they are in fact visiting their doctors **more** than full-time employees.

Zogby surveyed 3,431 adults online from June 19-July 5, 2007; the survey has a margin of error of +/- 1.8 percentage points for full-time workers and +/- 5.0 percentage points for temporary workers.

About Headway Corporate Resources

Since 1974, Headway Corporate Resources has delivered innovative workforce solutions to companies large and small. Headway, a full-service human resources support company, provides the highest-quality sourcing, screening, recruiting, staffing, outsourcing, and human resource support services to a wide variety of business sectors. Ranked among the top 100 staffing companies worldwide, Headway encompasses two complementary divisions: Recruitment & Staffing and Human Resource Solutions. Headway employs 4,000 nationally, 1,000 of whom work in North Carolina.

To learn more about Headway, log on to headwaycorp.com