

For Immediate Release

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IT For The Way You Work

Montreal, Canada. November 4, 2005 - Insight Canada is proud to announce Mr. Jacques Demers will be the Special Guest Speaker at their Insight on Technology (IOT) event to be held at the Olympic Tower on December 7th, 2005 from 2pm to 6pm.

Mr. Demers will kick off the event with a welcome speech to the more than 300 IT Professionals who will be in attendance. He will speak about his experience as a NHL coach and what he learned about business strategy in the 14 seasons he spent behind the bench.

"We approached Mr. Demers to speak at our event as he was the overwhelming choice by our employees," said Carmela Orlando, VP & General Manager of Insight Canada, Inc. "His experience and knowledge will bring much value to our clients and partners and will be an exciting way to begin our first-ever IOT show in Montreal."

IOT is a technology tradeshow wherein 40 partners of Insight Canada (including Cisco, HP, IBM, Lenovo, Lexmark, Microsoft, and Symantec) will display their latest products and solutions to IT professionals in the greater Montreal area. Also, three seminars will take place throughout the day from APC, IBM and Cisco.

This is the first time IOT will be held in Montreal after 5 successful years of running the show in Winnipeg, Manitoba.

To register for IOT Montreal clients can go to www.insight.ca or send an email to events@insight.ca.

About Insight

Insight North America, Inc. ("Insight") is a leading provider of IT products and services to businesses, government and educational institutions in the United States and Canada. Insight's offerings span the entire IT lifecycle with more than 200,000 name-brand hardware, software and peripherals - the largest selection in the industry - along with a full line of services tailored to support the changing and unique needs of technology buyers. Insight is a wholly owned subsidiary of Insight Enterprises, Inc., (Nasdaq: NSIT), ranked number 552 on *Fortune Magazine's* 2005 'Fortune 1000' list. For additional information call 1-800 INSIGHT or visit www.insight.ca.