

MCI Receives Top Honors From International Coach Federation (ICF)

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2005 Prism Award Recognizes MCI for Outstanding Coaching Efforts

ASHBURN, Va., December 20, 2005 - MCI (NASDAQ: MCIP) today announced that it received the 2005 Prism Award, given by the International Coach Federation (ICF) to organizations exemplifying internal coaching best practices. MCI received the award for its demonstrated excellence and business achievement through coaching.

"By strategically integrating coaching into its sales organization, MCI is setting a new standard for employee training and development," said Steve Mitten, MCC, president of ICF. "Organizations that implement coaching programs to develop leadership skills for their employees can realize increased productivity and greater success in a competitive world."

The ICF represents more than 9,000 professional business and personal coaches worldwide. Professional coaches provide an ongoing partnership designed to help clients produce fulfilling results in their personal and professional lives. Coaches are trained to listen, observe and customize their approach to individual client needs to help individuals achieve their fullest potential.

"We have seen our internal coaching program grow significantly, since we realized its ability to improve employee satisfaction and sales results," said Stephen P. Young, senior vice president of MCI Commercial Markets. "We take pride in the caliber of our world-class sales force and believe coaching can be an important differentiator that helps us win in the marketplace."

About The International Coach Federation The International Coach Federation's mission is to be the global forum for the art and science of coaching, where we inspire transformational conversations, advocate excellence, and expand awareness of the contribution coaching is to the future of humankind. For more information on ICF, go to www.coachfederation.org

About MCI MCI, Inc. (NASDAQ: MCIP) is a leading global communications provider, delivering innovative, cost-effective, advanced communications connectivity to businesses, governments and consumers. With one of the most expansive global IP backbones and wholly-owned data networks, MCI develops the converged communications products and services that are the foundation for commerce and communications in today's market. For more information, go to www.mci.com.