



News Release

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General Physics Corporation Selected to Provide a Performance Monitoring Optimization System to the City of Lakeland, FL

Elkridge, Md. December 21, 2004. Global performance improvement provider General Physics Corporation (GP), a subsidiary of GP Strategies Corporation (NYSE: GPX), was selected by the City of Lakeland, Florida to provide GP's EtaPRO™ Performance Monitoring and Optimization System at their McIntosh Power Plant. EtaPRO will assist plant operational staff efforts to improve unit cycle efficiencies and thereby realize savings for the City of Lakeland's electric utility customers by reducing fuel consumption. This will be accomplished through the targeting of optimum operating parameters and the identification of low or non-performing equipment, instrumentation, or systems for needed corrective action.

GP's EtaPRO is an enterprise-wide suite of applications that enable Rankine and combined cycle power and process plants to monitor, trend, and analyze equipment. It also monitors the overall plant performance, models alternative operating scenarios with GP's Virtual Plant™ software to optimize operations, automates reporting of plant operating data, updates input/output curves with actual plant and ambient conditions in the near real-time, and helps minimize controllable losses. GP is currently monitoring 150 process and power facilities throughout the world.

About GP

GP is the principal operating subsidiary of GP Strategies Corporation (NYSE: GPX). GP is a global provider of training, e-Learning solutions, management consulting and engineering services, improving the effectiveness of organizations by customizing solutions to meet the specific needs of clients. Clients include Fortune 500 companies, manufacturing, process and energy industries, and other commercial and government customers. Additional information about GP may be found at www.gpworldwide.com.

The forward-looking statements contained herein reflect GP Strategies' management's current views with respect to future events and financial performance. We use words such as "expects", "intends" and "anticipates" to indicate forward-looking statements. These forward-looking statements are subject to certain risks and uncertainties that could cause actual results to differ materially from those in the forward-looking statements, all of which are difficult to predict and many of which are beyond the control of GP Strategies, including, but not limited to, our inability to generate funds by selling any assets that are included in the proposed spin-off, our holding company structure, failure to continue to attract and retain personnel, loss of business from significant customers, failure to keep pace with technology, changing economic conditions,

competition, and those other risks and uncertainties detailed in GP Strategies' periodic reports and registration statements filed with the Securities and Exchange Commission.

If any one or more of these expectations and assumptions proves incorrect, actual results will likely differ materially from those contemplated by the forward-looking statements. Even if all of the foregoing assumptions and expectations prove correct, actual results may still differ materially from those expressed in the forward-looking statements as a result of factors we may not anticipate or that may be beyond our control. While we cannot assess the future impact that any of these differences could have on our business, financial condition, results of operations and cash flows or the market price of shares of our common stock, the differences could be significant. We do not undertake to update any forward-looking statements made by us.

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