



SEVEN GENERATIONS
ENERGY

NOTICE OF ANNUAL AND SPECIAL MEETING OF SHAREHOLDERS AND NOTICE-AND-ACCESS NOTIFICATION

Notice of Meeting

Date: Tuesday, May 5, 2020

Time: 10:30 a.m. (Calgary time)

Link: www.virtualshareholdermeeting.com/SVRGF2020

Call: (877) 328-2502 (toll free in North America) or (412) 317-5419 (international)

Notice-and-Access

As permitted by Canadian securities regulators, we are using notice-and-access to deliver our management information circular and annual report (meeting materials) to both registered and non-registered shareholders. This means that the meeting materials are being posted online for you to access, rather than being mailed out. This notice includes information on how to access the meeting materials online and how to request a paper copy. Notice-and-access gives shareholders more choice, substantially reduces our printing and mailing costs, and is in keeping with our commitment to sustainability as it reduces the environmental impact associated with producing and distributing large quantities of printed meeting materials.

You will find enclosed with this notice a form of proxy or a voting instruction form that you can use to vote your shares (see the "Voting" section of this notice).

It is very important that you read the circular carefully before voting your shares.

If you have any questions about notice-and-access please call 1-855-887-2244.

Business of the Meeting

- 1 Receive and consider the financial statements of the corporation for the year ended December 31, 2019 and the auditor's report on those statements
- 2 Fix the number of directors of Seven Generations to be elected at the meeting at ten (10)
- 3 Elect the directors
- 4 Appoint the auditor and authorize the directors to fix the auditor's remuneration
- 5 Consider and, if thought advisable, pass an ordinary resolution ratifying and approving the corporation's 2020 performance and restricted share unit plan
- 6 Consider an advisory resolution on the company's approach to executive compensation
- 7 Transact such other business as may properly be brought before the meeting or any adjourned or postponed meeting

For more details, please see: "Business of the Meeting" section of the circular, starting on page 4

Meeting Materials

Where you can access the meeting materials

You may access the meeting materials on our website:
www.7genenergy.com/investors/annual-meeting

You may also access the meeting materials on the SEDAR website:
www.sedar.com

HOW TO REQUEST A PAPER COPY OF THE MEETING MATERIALS

You may request a paper copy of the meeting materials, at no cost, up to one year from the date the meeting materials were filed on SEDAR. To make such a request, please call 1-877-907-7643 if you are a non-registered shareholder or 1-855-887-2243 if you are a registered shareholder.

Please note that you will not receive another form of proxy or voting instruction form if you request a paper copy of the meeting materials; please retain your current one to vote your shares.

To ensure receipt of the paper copy in advance of the voting deadline and meeting date, we estimate that your request must be received no later than Friday, April 17, 2020 at 4:30 p.m. Calgary time (this factors the three business day period for processing requests as well as typical mailing times).

Voting

You may vote your shares online, by phone or by mail. Please refer to the instructions on your separate proxy form or voting instruction form on how to use these methods.

If you wish to vote at the meeting, you do not need to complete or return your proxy form or voting instruction form, as applicable. The day of the meeting, you may vote via the live webcast by completing a ballot online during the meeting. You will need to visit www.virtualshareholdermeeting.com/SVRGF2020 and check-in using your 16-digit control number included on your proxy form or voting instruction form, as applicable.

If you do not plan to vote at the meeting, we must receive your proxy form or voting instruction form, as applicable, or you must have voted online or by phone, before 10:30 a.m. Calgary time on Friday, May 1, 2020.



REMEMBER TO VOTE.
Your vote is important to us.