

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Kontrol Energy Corp. (the "Issuer").

Trading Symbol: KNR

Date: November 12, 2019

1. New Options Granted: 450,000

Date of Granted Options: November 12, 2019

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Relations Publiques Paradox Inc.	Consultant	No	450,000	\$0.55	November 12, 2021	Nil

Total Number of optioned shares cancelled: **450,000**

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Andrew Epp	10,000	\$0.80	January 1, 2018	January 1, 2023
Lauri Alty	15,000	\$0.80	January 1, 2018	January 1, 2023
Mike Zongor	25,000	\$0.80	January 1, 2018	January 1, 2023

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Christine Grant	7,500	\$0.90	January 1, 2018	January 1, 2023
Ofelia Ramos	1,000	\$0.90	January 1, 2018	January 1, 2023
Ciara De Jong	13,333	\$0.90	January 1, 2018	January 1, 2023
Scott Manser	4,286	\$0.90	January 1, 2018	January 1, 2023
Peter Piersol	1,333	\$0.90	January 1, 2018	January 1, 2023
Limin Sun	4,286	\$0.90	January 1, 2018	January 1, 2023
Nicholas Collard	1,333	\$0.90	January 1, 2018	January 1, 2023
Rob Gravelins	500	\$0.90	January 1, 2018	January 1, 2023
Ka-Ming Lin	1,333	\$0.90	January 1, 2018	January 1, 2023
Chris Belore	13,333	\$0.90	January 1, 2018	January 1, 2023
Jay Grollman	4,286	\$0.90	January 1, 2018	January 1, 2023
Andrew Saikaley	500	\$0.90	January 1, 2018	January 1, 2023
Tina Sanderson	4,286	\$0.90	January 1, 2018	January 1, 2023
Tom Timar	1,333	\$0.90	January 1, 2018	January 1, 2023
Dan Turton	1,333	\$0.90	January 1, 2018	January 1, 2023
Dave Utley	4,286	\$0.90	January 1, 2018	January 1, 2023
Eugene Shereshevsky	4,286	\$0.90	January 1, 2018	January 1, 2023
Stephen Thorndyke	1,000	\$0.90	January 1, 2018	January 1, 2023
Robert Whitten	4,286	\$0.90	January 1, 2018	January 1, 2023
Rod Brooks	13,333	\$0.90	January 1, 2018	January 1, 2023
Neil Dalton	1,333	\$0.90	January 1, 2018	January 1, 2023
Terry Lam	1,333	\$0.90	January 1, 2018	January 1, 2023
Nathan Van Belois	1,333	\$0.90	January 1, 2018	January 1, 2023
DigitalFutures B.U.I.L.D Inc	100,000	\$1.50	January 26, 2018	January 26, 2023
Sugi Financial Services Inc.	140,000	\$1.25	February 20, 2018	February 20, 2023
Claudio Del Vasto	15,000	\$0.76	April 18, 2018	April 18, 2023
Kristian Lavereau	15,000	\$0.76	April 18, 2018	April 18, 2023
Geoff LaFleur	15,000	\$0.76	April 18, 2018	April 18, 2023
Andrew Bowerbank	15,000	\$0.76	April 18, 2018	April 18, 2023
Antonio Meschino	10,000	\$0.76	April 18, 2018	April 18, 2023
Hank Van Bakel	30,000	\$0.68	August 21, 2018	August 21, 2023

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Lauri Alty	5,000	\$0.47	September 10, 2018	September 10, 2023
David Ferguson	10,000	\$0.47	September 10, 2018	September 10, 2023
Tom Kitson	10,000	\$0.47	September 10, 2018	September 10, 2023
Simon Thomas	10,000	\$0.47	September 10, 2018	September 10, 2023
Gary Saunders	30,000	\$0.70	September 20, 2018	September 20, 2023
Nicholas Timmers	30,000	\$0.70	September 20, 2018	September 20, 2023
Claudio Del Vasto	550,000	\$0.68	October 1, 2018	October 1, 2023
Andrew Bowerbank	150,000	\$0.68	October 1, 2018	October 1, 2023
Humberto Gutierrez	325,000	\$0.68	October 1, 2018	October 1, 2023
Antonio Meschino	100,000	\$0.68	October 1, 2018	October 1, 2023
Julia Vaccaro	10,000	\$0.68	October 2, 2018	October 2, 2023
Zachery Dingsdale	75,000	\$0.70	October 15, 2018	October 15, 2023
Geoff LaFleur	150,000	\$0.70	October 15, 2018	October 15, 2023
Jean-Francois Juster	30,000	\$0.80	October 25, 2018	October 25, 2020
Christopher Clements	30,000	\$0.80	October 25, 2018	October 25, 2020
9185-5759 Quebec Inc.	30,000	\$0.80	October 25, 2018	October 25, 2020
Peter G. Goral	5,000	\$0.60	February 19, 2018	February 19, 2021
Paul Ghezzi	20,000	\$0.80	March 15, 2019	March 15, 2022
Claudio Del Vasto	20,000	\$0.80	March 15, 2019	March 15, 2022
Kristian Lavereau	20,000	\$0.80	March 15, 2019	March 15, 2022
Andrew Bowerbank	20,000	\$0.80	March 15, 2019	March 15, 2022
Geoff Lafleur	20,000	\$0.80	March 15, 2019	March 15, 2022
Antonio Meschino	12,500	\$0.80	March 15, 2019	March 15, 2022
Cameron Regan	12,500	\$0.80	March 15, 2019	March 15, 2022
Christopher Clements	30,000	\$0.80	April 1, 2019	April 1, 2021
Frankie Lucci	30,000	\$0.80	April 1, 2019	April 1, 2021
Jean-Francois Juster	30,000	\$0.80	April 1, 2019	April 1, 2021
9185-5759 Quebec Inc.	30,000	\$0.80	April 1, 2019	April 1, 2021
Claudio Del Vasto	20,000	\$0.80	May 10, 2019	May 10, 2024
Kristian Lavereau	20,000	\$0.80	May 10, 2019	May 10, 2024
Antonio Meschino	20,000	\$0.80	May 10, 2019	May 10, 2024
Andrew Bowerbank	20,000	\$0.80	May 10, 2019	May 10, 2024

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Han Van Bakel	50,000	\$0.80	May 10, 2019	May 10, 2024
9132-8757 Quebec Inc.	1,875	\$0.80	October 2, 2019	October 2, 2021
Jean-Francois Juster	30,000	\$0.80	October 4, 2019	October 4, 2021
9185-5759 Quebec Inc.	30,000	\$0.80	October 4, 2019	October 4, 2021

(1) Set out number of optioned shares for each grant with different terms.

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held.

Not applicable.

- (b) State the date of the news release announcing the grant of options.

Not applicable.

- (c) State the total issued and outstanding share capital at the date of grant or amendment.

29,521,173

- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options.

10%

- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan.

The Company has a “rolling” Share Option Plan (the “Plan”). Under the Plan, a maximum of 10% of the issued and outstanding common shares of the Company at the time an option is granted.

- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.

Reference CSE Form 9 - Notice of Issuance of Securities (KNR) (September 26, 2019)

- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

None.

4. Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated **November 12, 2019**.

Paul Ghezzi
Name of Director or Senior
Officer



Signature

CEO, Director
Official Capacity