

SED Energy Holdings Plc - Grant of Share Options to Primary Insiders

Nicosia, Cyprus - 8 December 2025 - The Board of Directors of SED Energy Holdings Plc (the "Company") has resolved to issue 5,926,974 new options under the Company's share option program. The following primary insiders have been allocated the following number of options:

- Finn Atle Hamre (CEO of SeaBird Exploration): 2,963,487 options, vesting over a period of three years with 1/3 each year and strike price NOK 7.98
- Sveinung Bergene Alvestad (Chief Financial Officer): 2,963,487 options, vesting over a period of three years with 1/3 each year and strike price NOK 7.98

Please refer to the attached PDMR Forms for further details.

This information is subject to the disclosure requirements pursuant to section 5-12 of the Norwegian Securities Trading Act and Article 19 of Regulation EU 596/2014 (the EU Market Abuse Regulation).

For further information, please contact:

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About Us

Energy Holdings is a strong industrial partner with a diversified portfolio of resilient, cash-generative assets supported by a conservative capital structure, a robust revenue backlog and a conservative capital structure. With a solid foundation for attractive capital returns, Energy Holdings' primary focus is on distributing all excess liquidity to shareholders, while also pursuing disciplined, value-accretive growth. Its current portfolio includes wholly owned subsidiaries Energy Drilling, a leading owner and operator of tender assisted drilling rigs, and SeaBird Exploration, a global provider of high-end 2D seismic services and source vessel solutions. For more information, please visit www.energyholdings.cy.

Attachments

[PDMR Form SED Energy Holdings 081225](#)