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Frida Lantoft

Partner

Frida is a partner in our finance department focusing on banking and finance and debt capital markets. Frida's experience covers various international acquisitions, asset-backed financing, leveraged finance and high yield bonds, representing international banks, financial institutions and debt funds as well as private equity investors, real estate funds and large corporates.

Frida has been a lawyer since 2014 and joined Schjødt in 2024 from Roschier Advokatbyrå. Her previous experience also includes working in a visiting lawyer role at an investment bank and at Danske Bank.

Frida is a graduate of University of Gothenburg. She is recognised and recommended by Chambers, The Legal 500 and IFLR1000.

Practice Areas

Banking & Finance

Capital Markets

Restructuring & Insolvency

Rankings

2025

Up and Coming – Chambers and Partners Global (Banking & Finance and Capital Markets: Debt)

2024

Leading Associate - The Legal 500

2023

Up and Coming - Chambers and Partners Europe

2021

Rising Star - IFLR1000

2021

Rising Star/Key Lawyer - The Legal 500

Education

2014

LL.M., University of Gothenburg