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Ingrid Cathrine Nielsen

Partner

Ingrid is a Partner in Schjødt's employment and pension practice group. She has considerable experience in advising both Norwegian and international clients within the full range of employment matters. She has a particular focus on advising clients on post-acquisition matters, including negotiation of senior executive employment contracts, employee consultations and harmonization of benefits. She also regularly advises clients on incentive and pension schemes, terminations and redundancies, as well as discrimination and equality matters. Ingrid also has significant experience in advising and managing cross-border projects.

Ingrid joined Schjødt in 2023 after spending more than 15 years at another Tier 1 firm in Oslo.

Practice Areas

Employment & Pension

Mergers & Acquisitions

Rankings

2023

Next Generation Partner - Legal 500

2020 - 2022

Rising Star - Legal 500

Education

2015

Project Management, Skema Business School

2007

Master of Laws, University of Oslo

Publications

2022

The Norwegian Chapter in "Employment Law and Practice 2022", Chambers & Partners Global Practice Guide