Schjødt

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Charles He

Associate

Charles is specialised in restructuring and insolvency. He has experience with insolvency proceedings, debt enforcement, and in-court restructurings. Charles also has experience with out-of-court restructurings, leveraged finance and real estate finance.

Originally joining the firm in 2021, Charles served as a law clerk at the Swedish Enforcement Authority and the District Court of Solna 2023–2025, rejoining Schjødt in 2025 after finishing his clerkship.

Charles speaks Chinese (Mandarin) in addition to Swedish and English.

Practice Areas

Restructuring & Insolvency

Banking & Finance

Education

2021

Master of Laws, Stockholm University

2016

Master of Studies, English, University of Oxford

2015

Bachelor of Arts, English Language and Literature, King's College London