



# Fredrik Finsås

## Senior Lawyer

Fredrik Solenes Finsås is a Senior Lawyer at SANDS' Oslo office and is part of the firm's Technology group, focusing on corporate and M&A, contract law and dispute resolution.

Finsås assists our clients in mergers, demergers, share issues and other equity transactions. He also provides general assistance related to corporate and business law, including establishment and structuring of businesses, shareholder's agreements and general contract law. He's experienced in contract negotiations and designing contracts, including franchise agreements, transaction agreements and IT contracts.

Finsås is experienced in dispute resolution, and frequently assists our clients in legal procedures within numerous subjects and branches. Through several years of experience, Fredrik has built up expertise on securing of monetary claims, including enforcement, negotiations, temporary precautionary measures and arrests.

✉ [ffi@sands.no](mailto:ffi@sands.no)

☎ +47 22 81 46 32

### Expertise areas

Technology

Compliance and Risk management

Forensic services

Mergers and Acquisitions

Restructuring and insolvency

### Work experience

2022–

■ SANDS Advokatfirma DA  
Senior Lawyer

2022–

■ Element Logic AS  
Legal Counsel (secondment)

2014–2022

■ SANDS Advokatfirma DA  
Senior Associate | Associate

### Education

2013

■ University of Bergen  
Master of Laws

2013

■ University of Cape Town  
Specialization in Negotiation Techniques and Labor Law

2008

