



Benedicte Krogh Grimstad

Partner

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Benedicte Krogh Grimstad works with real estate, focusing primarily on commercial properties, transactions, property development, and dispute resolution

Benedicte assists both Norwegian and international businesses with acquisitions, sales, structuring, management, leasing, and strategic consulting within the real estate sector.

She is also engaged in advising on ESG issues and has extensive knowledge of both national and international sustainability requirements affecting the real estate industry.

Benedicte has been involved in several development projects, from land acquisition to realisation of the assets, where she has assisted with: option agreements, purchase contracts, plot structuring, securing of rights, registration of land, choice of organisational structure, sectioning/re-sectioning and more.

She has significant experience in dispute resolution and negotiations, both in regular courts and land consolidation courts.

Benedicte is recognized as a skilled speaker and regularly gives lectures for various actors in the real estate sector, as well as the legal education center (JUS) and the Real Estate Brokers Association (NEF).

Areas of Expertise

- Commercial Real Estate
- Sustainability
- Retail Law
- M&A
- Corporate
- Real Estate
- Real Estate Transactions
- Real Estate Development
- Construction

Experience

2006 - 2010 Co-founder, leader and author of textbooks for students, Juridisk Studentforening
2023 - Partner, Brækhus Advokatfirma
2021 - 2022 Partner, Dalan Advokatfirma DA
2012 - 2021 Senior Lawyer / Lawyer / Associate , Dalan Advokatfirma DA
2010 - 2012 Associate, Codex Advokat Oslo
2009 - 2010 Intern, Office of the Attorney General for the District of Columbia, Washington DC

Education

2010 Master of Laws, University of Bergen
2010 International Law Certificate, American University, Washington DC
2009 American Public Law Certificate, American University, Washington DC

Positions

- Board member, BB Bank ASA 2017-2020
- Board member, Hanne and Bjørn Dalans foundation from 2021
- Member of the Board, Brækhus Advokatfirma from 2024

Language

English
Norwegian