

# Ingrid E. S. Tronshaug

Specialist Counsel  
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Ingrid Tronshaug specialises in insolvency law, including bankruptcy and restructuring/debt negotiations. She counsels distressed companies and assists clients with credit and debt protection, including enforcement. Ingrid assists all parties of such cases, including as a trustee, for the debtor or for the creditor. She has extensive experience and expertise especially in bankruptcy law and estate administration and has handled a large number of bankruptcy estates, including several of the largest bankruptcy cases in Norway over more than a decade. Ingrid has a permanent position as a trustee for bankruptcy, forced liquidation and forced dissolution estates at the Oslo District Court, and she is regularly appointed as a trustee in such cases. In addition to her long experience as a lawyer, Ingrid has done an internship for a bankruptcy judge in New York. Moreover, Ingrid has written several articles on Norwegian insolvency law, including in publications such as the Chambers Insolvency Guide, the International Insolvency Review, the International Restructuring Review, and Getting the Deal Through. She also gives talks for clients and organisations. Ingrid is a member of the International Insolvency Institute's NextGen Leadership Program and of INSOL Europe.

*Ingrid Tronshaug is a talented, ambitious lawyer, and a pleasure to work with.*

**Legal 500, 2025**

## Industry expertise

### Areas of practice

Bank and Financing  
Restructuring, Bankruptcy and  
Insolvency

## **Work experience**

Specialist Counsel, Wiersholm, 2026

Managing associate, Wiersholm, 2023

Senior Lawyer, Kvale Advokatfirma DA, 2016

Judicial Intern to the Honorable Elizabeth S. Stong, United States Bankruptcy Court, Eastern District of New York, 2016

Senior Associate, Kvale Advokatfirma DA, 2013

Associate, Kvale Advokatfirma DA, 2009

## **Education**

LL.M. in Corporate and Commercial Law, University of Southampton, 2009

Master of Law, University of Oslo, 2009

## **Awards**

Leading Associates, Legal 500, Insolvency and Corporate Recovery, 2026

Up and Coming, Chambers Europe, Restructuring/Insolvency, 2026

Leading associates, Legal 500, Insolvency and corporate recovery, 2025

Rising Stars, Legal 500, Insolvency and corporate recovery, 2024