

John-Henrik Spåre

Partner



Location	Helsinki
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John-Henrik Spåre focuses on dispute resolution, representing companies, public institutions and private individuals in litigation and arbitration proceedings.

John-Henrik is particularly experienced in representing clients with respect to various damage claims. He also acts as arbitrator in domestic contractual disputes. In addition, John-Henrik focuses on IPR matters, with particular emphasis on trademarks.

Prior to starting in private practice, John-Henrik worked for a leading IPR and trademark agency.

Credentials

Education

- Trained at the Bench, 2001
 - University of Helsinki, Master of Laws, 1998
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Memberships

- Finnish Bar Association
 - International Bar Association
 - Finnish Association of Industrial Property Rights
 - Finnish Insurance Lawyers' Association
 - Finnish Arbitration Association
 - 2003 to date, Pykälä ry, member of the supervision board of the committee on legal aid
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Experience

Prior Experience

- 1999 to 2016, Partner, Associate, Finnish law firm
 - 1998 to 1999, Legal Counsel, Benjon Oy
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Rankings

Chambers Global

- Endorsed in Chambers Global 2018
- Endorsed in Chambers Global 2019
- Endorsed in Chambers Global 2020
- Endorsed in Chambers Global 2021
- Endorsed in Chambers Global 2022
- Endorsed in Chambers Global 2023
- Endorsed in Chambers Global 2024
- Endorsed in Chambers Global 2025

CHAMBERS
AND PARTNERS

Chambers Europe

- Endorsed in Chambers Europe 2018
- Endorsed in Chambers Europe 2019
- Endorsed in Chambers Europe 2020
- Endorsed in Chambers Europe 2021
- Endorsed in Chambers Europe 2022
- Endorsed in Chambers Europe 2023
- Endorsed in Chambers Europe 2024
- Endorsed in Chambers Europe 2025

CHAMBERS
AND PARTNERS

The Legal 500

- Endorsed in The Legal 500 EMEA 2016
- Endorsed in The Legal 500 EMEA 2020
- Endorsed in The Legal 500 EMEA 2021
- Endorsed in The Legal 500 EMEA 2022
- Endorsed in The Legal 500 EMEA 2023
- Endorsed in The Legal 500 EMEA 2024

THE
LEGAL
500

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John-Henrik gives clear advice and is very pleasant to work with. He has an extremely high level of availability and service.

Chambers Europe 2025

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John-Henrik is a real expert.

Chambers Europe 2025

Services



Litigation and regulatory



Litigation and regulatory



Intellectual Property and Technology



Intellectual Property and Technology

Sectors



Financial Services



Financial Services



Insurance



Insurance