

HR by the hour

You need HR, not another employee. I step in when something specific has happened, do the work, and hand it over when it is done. No new position to fill, no annual retainer.

Interim HR business partner · for companies in Sweden without an HR function

HOW IT WORKS

From the first call to a closed case

The same order every time. You know what the next step costs before you commit to it.

1

You get in touch

An email or a call. Briefly: what has happened — the letter from the Work Environment Authority, the employee who has complained, the contract that needs signing.

2

A risk review, free of charge

We look together at what is genuinely urgent and what can wait. You find out what a sensible first step covers and what it costs.

3

I do the work

The contract, the review, the documentation, the conversation with the union — whatever is needed, in an order that makes sense. I bill the hours it takes.

4

You get the paperwork

Documents that hold up, plus a clear note on what you need to keep track of going forward.

5

We close

No notice period and no commitment beyond the job. Next time something comes up, you get in touch again.

What I step into

What I work with

- ◆ Employment contracts, advice on individual cases, conversations with unions
- ◆ Systematic work environment management, BAM, ergonomics and risk assessment
- ◆ Recruitment and work permits for staff from outside the EU
- ◆ Lönekartläggning — the statutory pay survey
- ◆ ESG questions from customers and banks
- ◆ AI tools that genuinely cut the paperwork in HR

How I charge

- ◆ From SEK 2,000/hr, for work actually carried out
- ◆ The price depends on scope and is negotiable for longer engagements
- ◆ The first conversation costs nothing
- ◆ No annual subscription and no lock-in
- ◆ Some services have a fixed price — pay survey, risk assessment, ergonomics course, work permits

WHERE THE LINE IS

What I am not

I am not a law firm. I do not represent you in court and I do not issue legal opinions. If a matter calls for that, I will say so — and you need a lawyer.

I am not a large HR agency with a fixed package and an annual contract. I am one person you hire for as long as the need lasts — the same way you would bring in an interim CFO or CTO.

I do not sell by pointing at fines and inspections. Either there is a problem or there isn't; if there is, I tell you what to do and in what order.

Price

From SEK 2,000/hr

The price depends on the scope of the assignment and is negotiable for longer engagements. The first conversation is free.

[Book a risk review](#)

8 years in HR and Swedish labour law, on the ground in Sweden · working in Swedish, Polish, English and Italian

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