MEDIA KIT · NOVEMBER 2026

Elias Omberg

Influencer, speaker and public debater on psychology and mental health

85.1K
followers on TikTok

25.8K
followers on Instagram

1.9M
views last month on TikTok and Instagram



About *Elias*

One of the most talked about young voices in Norway

Elias Omberg creates content about psychology, mental health and society for a large and young audience. He studies applied psychology at Oslo New University College, gives talks across Norway and writes columns for Minerva. He communicates with sharp rhetoric, warmth and humour, and starts conversations people share.

01 **TV 2 Versus and NRK Dagsnytt 18.** The clips from Dagsnytt 18 reached around 450,000 views in half a day.

02 **Finalist at the Vixen Awards 2025** in the category “Influencer of the Year: Strong Opinions”.

03 **5 out of 5 stars on Talerlisten.** Recent talks at Arendalsuka and Stockmanndagene in Trondheim.

04 **Founder** of Inspire & Impact AS and the content agency Telos Media.

Audience

TIKTOK **85.1K** followers

1.1M
views

384K
unique viewers

5.5%
engagement per view

73%
of followers are aged 18 to 34

60% women and 40% men. 83% in Norway.

INSTAGRAM **25.8K** followers

806K
views

127K
viewers

13K
profile visits

52%
of followers are aged 18 to 34

50% women and 50% men. 67% in Norway.

Figures from TikTok Analytics and Instagram Insights, last 28 to 30 days, October 2026. Updated insights are available on request.

How we can *work* together

01 **Brand partnerships**

Sponsored TikTok videos and Reels, ambassador deals and UGC for brands that want to reach young adults in Norway.

02 **Talks and panels**

Mental health, attachment, young men and free speech. For young people and adults, schools, companies, conferences and festivals.

03 **TV, podcasts and debate**

An experienced debater with quick wit, who brings a large audience with him to the broadcast.

04 **Social media workshop**

How to make content the algorithm lifts, based on experience from the content agency Telos Media.







PREVIOUS PARTNERS

Kirkens Bymisjon · Allvit · Nextory

SELECTED STAGES

TV 2 Versus · NRK Dagsnytt 18 · Arendalsuka · Stockmanndagene · Minerva · Talerlisten

TOPICS

Attachment | Young men's mental health | Dating and relationships | Free speech | Public debate | Personal growth | Social media

Want to work with Elias?

Prices on request. Send us an email about what you have in mind, and we will get back to you quickly.

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