



## “Getting to Ellen: Gleaning Authenticity from a Moment of Truth”

**Presentation Description:** All of us experience moments of truth. Sometimes those moments forever shape us.

What if one's moment of truth was realizing that unless they lived their life authentically, they'd someday be on their deathbed looking back with overwhelming regret?

At age forty-four, this became Ellie Krug's moment of truth.

With Ellie's motivational and introspective “Gleaning Authenticity” presentation, audience members hear how Ellie lived a “Grand Plan” life as a man, which included a loving wife, two beautiful young daughters, a house in the best neighborhood, money in the bank, and stature as a successful trial attorney. They will also hear how Ellie struggled with gender identity from an early age, but believed that she could “choose to stay male” only to find that one's gender isn't a “choice.”

This talk centers on one critical day when Ellie realized that life was to be lived, not endured; and where it became clear that unless she overcame enormous fears (including the fear of dying alone), she'd look back at living life as a man with great regret. Ellie speaks of the challenges with dramatically shifting life course to womanhood and the rewards of finding one's true authentic self.

**Why this Presentation Works:** This talk works because humans lack an “owner's manual,” meaning that we all struggle with finding our way in life—whether it's with career, relationships, trauma, or the thousands of other things that make up the human condition. Most people value hearing—and are inspired by—how someone faced overwhelming fear and then went on to find the incredible peace of mind that comes with living authentically.

Audience members will walk away thinking about their own life challenges; Ellie's story provides useful tools for facing those challenges. One young male college student's reaction to Ellie's “Gleaning Authenticity” talk says it best: “That was savage!”

“Savage,” we are told, is youth-speak for “awesome.”

“Gleaning Authenticity” is an essential motivational presentation for employers, educators and nonprofits that seek to inform team members/students on better ways of approaching critical life challenges.

**Learning Objectives:**

1. Understanding what it means to be a “gender corrector” who lived decades building a life based on birth gender only to realize that personal success isn’t an adequate substitute for personal authenticity.
2. Understanding core concepts about the human tendency for denial and the value of self-honesty. This includes teaching about barriers to achieving authenticity, such as compartmentalizing, fear, love, and “golden handcuffs.”
3. Realizing that it’s possible to change one’s life for the better through therapy, hard work, self-honesty, and persistence.
4. Appreciating the difference between “loss” and “regret” and cultivating one’s own personal resiliency.
5. Understanding how authenticity can translate to advocacy through the 3P’s: persistence, patience, and pushing.
6. Understanding the need for self-compassion and compassion for others.

**Mechanics:** This is a lecture-type presentation where audience questions and comments are encouraged. All attendees are presented with a handout. (Unless otherwise arranged, the Sponsor will bear the cost of copying/distributing the handout.)

**Technical Needs:** This presentation requires a small space for Ellie to “roam” as she speaks. (Ellie doesn’t utilize a podium or power point for her presentations).

**Duration:** 75 minutes at a minimum; up to 120+ minutes depending on the Sponsor’s goals.

**For additional information contact:**

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Author, *Getting to Ellen: A Memoir about Love, Honesty and Gender Change* (2013)  
(available on Amazon, Kindle, Nook and iBooks)

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