



Changed Genders, Changed Perspectives

Presentation Description: Transitioning genders involves breaking many express and implicit societal norms and exposes the transgender person to seismic changes in how they interact with and perceive the world. Some of those changes are driven by infusing the body with hormones; other changes result from how the rules are different depending on whether one lives as a man or as a woman.

While we hear a lot about transgender people these days, rarely does a trans person get asked to talk about what it's like to live on the other side of the "gender fence." With this insightful presentation, writer, lawyer and "inclusionist" Ellen "Ellie" Krug, who transitioned genders in 2009 at age fifty-two, shares what she's learned (some of it the hard way) about going from male to female.

A part of this talk is Ellie's personal story; however, much of what Ellie discusses is how the social and professional landscapes are so incredibly different than when she presented as male. This talk also spans the spectrum—social interactions, professional relationships, dating and family.

Further, in this time of #MeToo, Ellie has a unique perspective on why it is that some men behave as they do, along with why women abhor certain conduct and words. It's in part about hormones and the "club" that men make for themselves. On the other hand, this isn't a man-bashing talk. Rather, in keeping with Ellie's remaining life's mission, much of the presentation focuses on how to better understand and respect each other. Even more, Ellie offers suggestions for how men can be good allies to the women in their professional and personal lives.

Audience members are encouraged to ask questions—after all, it's not every day that one gets a chance to find out what it's like to live in the other gender!

Why this Presentation Works: With this presentation, Ellie tackles head-on how the societal deck is stacked against women—something she never fully understood while living as a man (and even though as a man, she was very sympathetic to women's issues). The talk works because it's unique, frank, humorous, and enlightening.

At a time when the differences between men and women are so much more apparent and public, this talk adds further perspective to the conversation. That fact that you—the audience member—get to ask Ellie questions directly makes the presentation even more meaningful.

Learning Objectives:

1. Developing and furthering self-awareness about how women can better position themselves in society relative to leadership, mentoring, and mutual support.
2. Understanding the need for greater recognition of women who are “invisible” in society and the importance of mentoring to young and teen girls, especially those from marginalized communities.
3. Gaining tips on how men can be better allies to women.
4. Understanding that all of us share core commonalities and how those commonalities can form a basis for better interpersonal communication and interaction.
5. Understanding the role that human hormones play in the day-to-day thinking and actions of men and women and how many of society's rules and rituals are hormone-driven or influenced.
6. Appreciating the role of tribalism and tribal behavior between and amongst men and women.
7. The talk includes ample time for audience questions and commentary.

Mechanics: This is a lecture-style presentation. Ellie works to include listener participation in the form of questions; she is excellent at drawing the audience in.

All Changed Genders, Changed Perspectives attendees are provided a handout. (Unless otherwise arranged, the Sponsor will bear the cost of copying/distributing the handout.)

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

Duration: 60-75 minutes at a minimum and optimally 90 minutes. The talk can extend up to 120 minutes depending on the Sponsor's goals and the number of audience members/anticipated number of questions from the audience. This training can easily be expanded into a half-day or full-day workshop by incorporating more detailed training on inclusivity, allyship, and courageous conversations.

Bulk Purchase of Memoir: Consider providing a “perk” to audience members in the form of the Sponsor buying in bulk copies of Ellie's memoir, *Getting to Ellen: A Memoir about Love, Honesty and Gender Change* (2013), which has long enjoyed a 5-Star rating on Amazon Books. Ellie will arrange for bulk shipment of the memoir to the Sponsor and is willing to offer the memoir at a discounted price. She will also sign and inscribe the copies to make the perk more meaningful.

For additional information contact: Ellen (Ellie) Krug elliekrug@gmail.com 319-360-1692

www.elliekrug.com

www.humaninspirationworks.com

Book website: www.gettingtoellen.com

Amazon link: <https://www.amazon.com/Getting-Ellen-Memoir-Honesty-Gender/dp/0988698900>

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