



ellen krug

writer, lawyer, human

Short Biography

At the age of fifty-two, Ellen (Ellie) Krug (pronounced "Kroog") transitioned from male to female while living in Cedar Rapids, Iowa. Although not at all easy, transitioning genders gave Ellie the opportunity for a "do-over" in life, which has included working to make the world fairer and more inclusive for all humans, particularly those considered "Other."

With over 100 civil trials to her credit, Ellie was the first Iowa lawyer to ever transition genders and one of the few attorneys nationally to try jury cases in separate genders. She later relocated to the Twin Cities where she served as the founding executive director of a legal nonprofit that was conferred an American Bar Association award for innovatively increasing legal access.

The author of *Getting to Ellen: A Memoir about Love, Honesty and Gender Change* (2013), Ellie has presented on diversity and inclusion to governmental entities, court systems, Fortune 100 companies, law firms, nonprofits, and colleges/universities on 800+ occasions. A hopeless idealist, Ellie has presented her human inclusivity training, "Gray Area Thinking®" across North America.



In 2016, *Advocate Magazine* named Ellie one of "25 Legal Advocates Fighting for Trans Rights." She is a monthly columnist for *Lavender Magazine* and pens a widely-circulated monthly e-newsletter, *The Ripple*, that reaches 9000 readers. Ellie views herself as an "Inclusionist" and founded an inclusion-oriented consulting and training company, Human Inspiration Works, LLC, in 2016.

In 2019, the *Minneapolis/St. Paul Business Journal* conferred its 2019 Business of Pride Career Achievement Award to Ellie and her company, Human Inspiration Works, LLC. In that same year, *OutFront Minnesota*, the state's largest LGBTQ advocacy organization, conferred Ellie its 2019 Legacy Award.

Ellie is also a weekly radio and podcast host; her show, "Ellie 2.0 Radio," on AM950 in the Twin Cities, with more than 100 episodes, highlights idealism and how each of us can play a role in fostering positive change in the world.

Short Biographic Details

Born: Newark, N.J. 1956

Education: Coe College (Cedar Rapids, Iowa), 1979
Boston College Law School, 1982

Attorney Licenses: Minnesota (2010-present); Massachusetts (1982 [inactive]); Iowa (1988 [inactive])

Contributing Writer, *Lavender Magazine*, "Skirting the Issues" monthly column, 2011-present; *Minnesota Women's Press*, 2019-present

Author, *Getting to Ellen: A Memoir about Love, Honesty and Gender Change* (Stepladder Press 2013) (Amazon Books 5 Star Rating)

Law Review Article: "We Hear You Knocking: An Essay on Welcoming 'Trans' Lawyers," *William Mitchell Law Review*, Vol. 41 (2015)



Media Appearances/Contributions: Minnesota Public Radio; Iowa Public Radio; South Dakota Public Broadcasting; Mississippi Public Broadcasting; Huffington Post Podcasts; *Minneapolis Star Tribune*; and multiple Minnesota-based radio and television venues

Memberships: Twin Cities Diversity and Inclusion Roundtable (Executive Committee);

Community Mediation Minnesota (founding board member)

Wikipedia: https://en.wikipedia.org/wiki/Ellen_Krug

Contact Information

Ellen (Ellie) Krug at elliekrug@gmail.com

Website: www.elliekrug.com

Founder and president, Human Inspiration Works, LLC ("We make 'inclusion' an action world."[™]) Company Website: www.humaninspirationworks.com

Author, *Getting to Ellen: A Memoir about Love, Honesty and Gender Change* (2013)

Book website: www.gettingtoellen.com (Book available on Amazon, Kindle, etc.)

Twitter: @elliekrug

Facebook: Ellen Krug Minnesota

LinkedIn: Ellen (Ellie) Krug

Instagram: @elliekrug

Monthly newsletter, *The Ripple*, accessible by clicking on "Newsletters/Media" at www.elliekrug.com (9000+ e-newsletter readers)

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