



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 earned 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 more than 1000 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.” From 2011 to 2022, she wrote a monthly column for *Lavender Magazine*, and presently she writes for *Minnesota Women’s Press*. Ellie also pens a widely circulated monthly e-newsletter, *The Ripple*, which reaches 9000+ readers. Ellie views herself as an “Inclusionist” and founded an inclusion-oriented consulting and training company, Human Inspiration Works, LLC, in 2016.



Ellie is the recipient of the 2019 Business of Pride Career Achievement Award from the *Minneapolis/St. Paul Business Journal*, and the 2019 Legacy Award from OutFront Minnesota, the state’s largest LGBTQ+ advocacy organization. She was also named a 2022 Stonewall Award recipient by the American Bar Association Commission on Sexual Orientation and Gender Identity.

Ellie is also a weekly radio and podcast host; her show, “Ellie 2.0 Radio,” on AM950 in the Twin Cities, with more than 250 episodes, highlights idealism and how each of us can play a role in fostering positive change in the world.

Finally, in November 2022, Ellie was elected to the Eastern Carver County School Board for a four-year term. She resides in Victoria, Minnesota, with her English cream golden retriever, Jack.

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, 2011-2022;
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)



Human Inspiration
Works LLC

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: 2018-2021, 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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