



ellen krug

writer, lawyer, human

Short Biography

In 2009, while an Iowa civil trial attorney with 100+ trials, Ellen (Ellie) Krug (pronounced “Kroog”), transitioned from male to female. She later became one of the few attorneys nationally to try jury cases in separate genders. From 2011 to 2016, she served as the executive director of Call for Justice, LLC, a Minneapolis 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 nearly 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 7000 people. Ellie views herself as an “Inclusionist” and founded an inclusion-oriented consulting and training company, Human Inspiration Works, LLC, in late 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.

Ellie is also a weekly radio host; her show, “Ellie 2.0 Radio,” on AM950 in the Twin Cities highlights idealism and how each of us can play a role in fostering positive change in the world. Ellie’s remaining life mission is to work for a more inclusive society for all humans, regardless of how many are considered “Other.”

Short Biographic Details

Born: Newark, N.J. 1956

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

Contributing Writer, *Lavender Magazine*, 2011-present

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

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

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)
Minnesota Department of Human Rights Community Engagement
Steering Committee

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."™) Information about presentations and trainings (including reviews)

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

Monthly newsletter, *The Ripple*, accessible by clicking on "Newsletters/Media" at www.elliekrug.com (6000+ e-newsletter recipients)

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