



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) and *Being Ellen: A Second Chance at Life* (2025), Ellie has presented on human inclusivity 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 occasionally writes for *Minnesota Women's Press*. Ellie's monthly e-newsletter, *The Ripple*, reaches 9000+ readers. In 2016, Ellie founded an inclusion-oriented consulting and training company, Human Inspiration Works, LLC.



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 2023 Stonewall Award recipient by the American Bar Association Commission on Sexual Orientation and Gender Identity.

Since 2016, Ellie has been a weekly radio and podcast host on AM950 in the Twin Cities. Her current show, "The Illegal Trans Woman," focuses on protecting transgender humans while also seeking to bridge cultural differences that lend to fear and marginalization of trans/gender expansive people. Ellie is also a regular contributor on "The Patti Vasquez Show" on WCPT 820 AM in Chicago.

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 near- 5 Star rating); *Being Ellen: A Second Chance at Life* (Stepladder Press 2025)

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: 2018-2021, Twin Cities Diversity and Inclusion Roundtable (Executive Committee); Community Mediation Minnesota (founding board member)

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

Awards: 2023 American Bar Association Stonewall Award; 2019 Legacy Award, OutFront Minnesota; 2016, named "One of 25 Legal Advocates Fighting for Trans Rights," *The Advocate Magazine*

Contact Information

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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.)

Bluesky: @elliekrug.bsky.social

Substack Blog, *Being Ellen*: elliekrug.substack.com

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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