



An Offer to Help Transgender/Nonbinary Humans

In this world of competing messages around the veracity of a person's gender identity, it's easy for some transgender and nonbinary-identifying humans to struggle with their authenticity.

I know this because for a long time, I was one of those struggling humans. I've since come to understand that some things in life aren't choices; that includes how one identifies in terms of their gender identity.

Not that I've cornered the market on wisdom, but certainly, I have learned a few things about listening to one's self and the need to live authentically. I also have a kind and compassionate heart and a willingness to listen.

Consequently, this document serves as notice of my willingness to talk with anyone (via phone or Zoom, or when we're post-COVID, in person) who identifies as trans or nonbinary and who might benefit from some added perspective. By no means am I a substitute for a therapist or physician; still, for some, just getting enlightened perspective might be helpful.

My short bio and contact information are located below. Feel free to share this offer with whomever you think might benefit from it.

Thank you for understanding that I do this out of a sense of compassion for all humans and not for personal aggrandizement.

Best,

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A Brief Bio for Ellie Krug: In 2009, when she was a civil trial attorney in Cedar Rapids with 100+ trials, Ellen (Ellie) Krug transitioned from male to female; she later became one of the few attorneys nationally to try jury cases in separate genders. The author of *Getting to Ellen: A Memoir about Love, Honesty and Gender Change* (2013), Ellie has trained on diversity and inclusion to court systems, law firms, Fortune 100 corporations, and colleges/universities on nearly 1000 occasions. A hopeless idealist, Ellie has presented her inclusivity training, Gray Area Thinking®, across the country. In 2016, *Advocate Magazine* named Ellie one of "25 Legal Advocates Fighting for Trans Rights" and in 2019, *OutFront Minnesota* conferred Ellie its Legacy Award. She is also a monthly columnist for *Lavender Magazine* and *Minnesota Women's Press*. Her weekly radio show on AM950 radio, "Ellie 2.0 Radio," focuses on idealism and those who seek to change the world for the better. Her monthly e-newsletter, *The Ripple*, reaches 9000+ readers and can be found at www.elliekrug.com. Ellie presently lives in rural Minnesota and is the founder and president of Human Inspiration Works, LLC (www.humaninspirationworks.com).