

A PLACE TO GROW

PROFESSIONAL LEADERSHIP PROGRAM FOR WOMEN & ALLIES

Nestled in the rolling hills of Glen Arm, Maryland, Wishing Star Farm & Wellness is more than just a horse farm—it's a sanctuary. Founded by Missy Teague, the property boasts a charming Carriage House and historic Star Barn, which provide a delightful setting for the farm's full schedule of holistic healing events and workshops. Here, practitioners gather to lead retreats in sound healing, yoga, forest bathing and women's empowerment. Missy, a certified holistic life coach and Reiki practitioner, sees this work as a calling. "It's a place to gather and grow," she says, "for both the practitioners and the people they serve."

But that's just one part of her story.

By day, Missy leads the marketing and communications department at Merritt Companies, overseeing branding, public relations and philanthropic initiatives for both Merritt Properties—a commercial real estate developer with holdings in Maryland, Virginia, North Carolina, and Florida—and Merritt Construction Services. She's been with the company for 17 years.

"I feel very blessed to be at Merritt," she says. "It's an amazing company."

Her path to Merritt wasn't linear. She began her career in grassroots lobbying, moved into event planning, then traditional marketing in the shopping center industry and even worked as a motivational speaker. That dynamic career trajectory—and her deep interest in personal and professional development—made her a natural fit for the [Professional Leadership Program for Women & Allies](#) offered by the Dr. Nancy Grasmick Leadership Institute at Towson University.

Missy credits the program with sharpening her skills across all areas of her life, from the boardroom to the barn. The program impressed Missy with its dual emphasis on intellect and heart.

"[Executive Director] Erin [Moran] is a phenomenal facilitator," Missy says. "She's committed to helping each woman develop both professionally and personally."

Among her favorite sessions were those focused on diversity and public speaking. Even as a former public speaker herself, Missy walked away with fresh, actionable insights. The diversity workshop, in particular, expanded her perspective.

"The lens through which the speaker viewed diversity was broader and deeper than I'd encountered before," she recalls. "It really changed how I think about bringing those values into a corporate environment."

That new perspective has already had tangible results. Through the program, Missy connected with a leader from Baltimore County's Department of Economic Development. The two women quickly found shared purpose and began collaborating on a grant outreach initiative that benefits both Merritt and the county's broader economic development goals.

"It's a direct, mutually beneficial collaboration that wouldn't have happened without the Institute," Missy says.

And just as importantly, the relationships Missy formed with her cohort have left a lasting mark. "The group of women was my favorite part," she says. "We had women across industries and experience levels—some just entering management and others with decades of leadership. That breadth of perspective was invaluable."

When asked why she would recommend the program, Missy doesn't hesitate: "This program will not only make you a better manager and employee—it will make you a better human."

For Missy, the experience reaffirmed a core belief: when we elevate leaders—mind, body, and spirit—we don't just strengthen organizations, we strengthen communities.