



Anastasia "Stasia" Thomas Nardangeli

Principal

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Anastasia "Stasia" Thomas Nardangeli is a corporate and transactional attorney who advises founders, families, boards, and management teams on ownership, governance, and strategic transitions across the business lifecycle. She counsels clients through rapid growth and PE/VC-backed expansion, liquidity events, and generational transitions, focusing on preserving control structures, aligning stakeholders, and positioning businesses for long-term resilience.

A significant portion of Stasia's practice centers on regulated and licensed assets, where value and compliance are closely linked. She advises on the management and transfer of FCC broadcast licenses, aircraft leasing, and real estate with complex regulatory overlays. She also counsels individuals and institutions on the evolving regulatory framework surrounding name, image, and likeness (NIL) rights. In these matters, she works at the intersection of regulatory requirements, operational realities, and business objectives to help clients move capital and assets efficiently while mitigating risk.

Stasia frequently leads transactions for sophisticated operators in highly regulated or operationally complex environments. Her experience includes asset purchases, dealership sales, private equity investments, and other strategic transactions where ownership, operational, and regulatory risks converge. Beyond individual deals, she serves as strategic outside general counsel to companies seeking practical, business-oriented legal support across employment and equity compensation structures, vendor and customer contract ecosystems, and multi-jurisdictional licensing and procurement. She also offers streamlined, fixed-fee legal solutions for recurring needs, including employment agreement reviews, entity structuring, and equity buy-in analyses for professionals, including physicians and executives.

Her clients span a wide range of sectors. Stasia represents public and founder-led companies, family-owned businesses, nonprofits, private schools, family offices, and PE/VC-backed entities, as well as real estate developers and large REITs requiring Maryland-specific coordination. She also advises high-net-worth individuals and private groups, such as physicians and medical practices, athletes, and their families, on contractual rights, regulatory issues, and long-term planning. Founders and families rely on her for guidance through complex ownership structures and generational wealth transitions with a focus on clarity, continuity, and governance.

Services

- Business Law and Transactions
- Estates and Trusts
- Business Advisory and Outside General Counsel

Earlier in her career, Stasia built a broad corporate practice with a concentration in the food service industry, representing restaurants, caterers, and food distributors across Maryland, the District of Columbia, and Virginia on employment, governance, regulatory and licensing matters, mergers and acquisitions, private equity transactions, and real estate deals. She has also represented clients ranging from start-ups to publicly traded companies, advising on entity formation and governance, financing, employment issues, real estate transactions, and corporate reorganizations. Her experience includes preparing SEC and Hart-Scott-Rodino filings and managing related compliance, enabling her to assess businesses comprehensively and provide practical, cost-effective solutions.

Stasia is committed to service beyond her legal practice and currently serves as a Board Member of the Ulman Foundation. Her prior volunteer service includes serving as a member of the athlete selection committee for the SimiSleighs Foundation, a volunteer mediator for the Conflict Resolution Center of Baltimore County, a mentor through Girls' Empowerment Mission, and a volunteer attorney for GirlSportWorks.

Education

- University of Maryland Francis King Carey School of Law (J.D.)
- Yale University (B.A.)

State Bar Admissions

- Maryland

Court Admissions

- United States District Court for the District of Maryland
- United States Bankruptcy Court for the District of Maryland

Professional Affiliations

- Ulman Foundation, Board Member

Recognitions

- Super Lawyers Rising Stars, 2013-2021
- Best Lawyers: Ones to Watch® in America 2024 -2026

Publications & News

March 2, 2026

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