

Dr. Ashonna Tubbs | Bio



Dr. Ashonna Tubbs is a mother, educator, and systems leader working at the intersection of leadership, embodiment, and justice. Her work is rooted in a simple but urgent inquiry: what becomes possible when leaders return to themselves while leading others—and choose to move with intention rather than urgency?

She serves as Dean of Clinical Experience at Relay Graduate School of Education, shaping how educators are prepared and supported across states, while also cultivating an executive coaching and wellness practice centered on embodied leadership, clarity, and sustainable change.

Grounded in her doctorate in Mind, Brain, and Teaching from Johns Hopkins University, and deepened through her training in yoga and somatic practice, Ashonna explores how the body holds memory, informs perception, and shapes how we make meaning and decisions. She understands “educator” as a form of activism—an invitation to create spaces where people can learn, unlearn, and reconnect in systems that often reward speed over presence.

Motherhood is her most enduring teacher, revealing the daily practice of regulation, repair, boundaries, surrender, and fierce tenderness. Her work honors slow, intentional, and contemplative practice as a pathway to deeper clarity, ethical action, and collective healing.

As an Acosta Institute Fellow, she is in community with leaders committed to healing-centered, liberatory futures. Through her work, Ashonna supports leaders in moving with presence and integrity—building institutions that are not only effective, but deeply human.

To connect or to learn more about Dr. Ashonna’s work, visit her on [LinkedIn](#).



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