

Dr. Essa Al-Ahmad

FAMILY PHYSICIAN · ENTREPRENEUR · INVESTOR

Location Al-Ahsa, Eastern Province, Saudi Arabia Email hello@dressaalahmad.com Web dressaalahmad.com
Languages Arabic & English

A Saudi family physician, entrepreneur, and investor. After more than a decade in frontline medicine and primary-care leadership in Al-Ahsa, he now builds ventures and advises founders, boards, and health systems on innovation, prevention, and care — aligned with Vision 2030.

EDUCATION & PROFESSIONAL DEVELOPMENT

Bachelor of Medicine & Surgery (MBBS) 2013

The foundational framework for understanding healthcare ecosystems from the inside out.

Postgraduate Diploma in Family Medicine 2014

A specialization that powered over a decade of primary-care leadership, chronic-disease management, and a deep understanding of community health dynamics.

PHC Directors Leadership Program — Institute of Public Administration (IPA) 2018

Preparatory and advanced stages: 20 training days of public-sector leadership development for primary healthcare center directors.

Professional Executive Leader Program — Niche Coaching 2024

Four CPD-approved stations — Aware, Strategic, Influential, Coach — focused on leadership and the psychology of C-suite decision-makers.

Trainer of doctors & nurses

Ongoing clinical education and training across primary-care teams.

CLINICAL & INSTITUTIONAL LEADERSHIP

Manager & Medical Director — Al-Qurain Health Center 2016 – 2018

First institutional leadership role: facility management, clinical governance, and day-to-day direction of a primary-care center.

Medical Director — Al-Shuqaiq PHC Center 2018 – 2019

Led the center to accreditation by the Saudi Central Board for Accreditation of Healthcare Institutions (CBAHI), then acted as a strategic enabler and consultant helping five more health centers secure the same rigorous national standard.

Director — National Osteoporosis Prevention Program, Al-Ahsa 2018 – 2020

Secured 1st place in regional school-health education and established the region's first dedicated osteoporosis screening clinic, permanently integrating screening into routine family-medicine protocols.

Medical Director — Al-Shu'bah Tataman Covid-19 Clinics 2020 – 2022

Frontline crisis leadership through the pandemic: emergency logistics, crisis containment, and macro-level data reporting.

Primary-care leadership across six PHC centers

Career

Manager of two primary healthcare centers and Medical Director of four, alongside CBAHI accreditation work across the region.

VENTURES, INVESTMENT & ADVISORY

Chairman of the Board — Mithaq Al-Najah Company

Current

Investment entity with deep expertise in capital allocation and asset management.

Founder & Strategic Advisor — Axle Vision

Current

Saudi advisory firm for leadership development, organisational transformation, and human capital development, serving businesses across the Kingdom and the GCC (axlevision.com).

Co-founder — Elite CEO Circle

Current

A private, invitation-only circle of distinguished Saudi business leaders: peer-to-peer support, confidential dialogue, and strategic collaboration (eliteceocircle.com).

Co-founder — Health Power Medical Company

2019

Healthcare venture building, alongside equity partnerships and board seats in several diversified investment ventures.

Program Consultant & Strategic Leadership Advisor — Niche Coaching

Since 2023

Program development and strategic advisory for the academy, ongoing.

Founder — Al Mishkat (المشكاة) · Investor Alliance · Preserve Health · Bridge Care

Current

- Al Mishkat (المشكاة) — an invitation-only, cross-specialty community uniting healthcare professionals across primary, secondary, and tertiary care to foster clinical leadership and bridge operational fragmentation.
- Investor Alliance — patient capital for healthcare and impact ventures, with clinical judgment at the cap table.
- Preserve Health — preventative, longevity-oriented, culturally grounded care for Saudi families.
- Bridge Care — guiding Gulf families to the world's centres of medical excellence for complex care abroad.

SPEAKING & CONSULTING

- Keynotes, panels, and fireside talks for boards, health-system leadership, investor forums, physician audiences, and Vision 2030 panels.
 - Fractional medical advisor & advisory-board roles; consulting for venture expansions across the Gulf.
- Topics: preventative & longevity care · the physician as a builder · investing in health ventures · healthcare under Vision 2030 · behavioural psychology in clinical operations · executive presence for healthcare leaders · human capital development · mentorship at the executive level · AI in everyday care.