



DR. ESSA
AL-AHMAD

Professional & Venture Profile · Dr. Essa Al-Ahmad

2026



Dr. Essa Al-Ahmad

A Saudi family physician, entrepreneur, educator, and advisor. Born into a farming family in Al-Ahsa, he learned early that real growth begins long before it is visible, a conviction that now runs from the clinic floor to the boardroom. Today, with more than 14 years in family practice, he applies one philosophy of wellness across his consulting, his advisory firm Axle Vision, and the professional community he convenes — for a healthier Kingdom, aligned with Vision 2030.

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- ✓ Family Physician
 - ✓ Serial Entrepreneur
 - ✓ Educator & Mentor
 - ✓ Investor & Advisor

WHAT DRIVES THE WORK

Vision

Wellness as the presence of balance.



Wellness as the presence of balance — physical, mental, social, and spiritual — for the people who deliver care as much as those who receive it, so good health becomes a legacy passed on.

Mission

To cultivate people, organizations, and innovations that transform healthcare for future generations.

Much as a farmer first tends the ground beneath a crop, he believes healthy systems begin with the health of the people inside them. His mission is to nurture the physicians, ventures, and ideas that will carry better care forward, plant early, tend patiently, and build what lasts.



BACKGROUND

From a farming family to a life of healing and building.

Born into a farming family, Dr. Essa learned early that meaningful work asks for patience, stewardship, and the ability to recognize potential long before others can. Farmers do not look at a seed and see a seed; they see roots, branches, and fruit that may nourish generations to come. That perspective shaped everything that followed.

He earned his Bachelor of Medicine and Surgery (MBBS) in 2013 and a Postgraduate Diploma in Family Medicine in 2014, then devoted himself to communities across Al-Ahsa, Saudi Arabia, building more than a decade of primary-care leadership, chronic-disease management, and a deep read on community health.



His leadership emerged early and proved durable. He managed two primary-care facilities, led Al-Shuqaiq Center to CBAHI accreditation and helped five more centers earn the same national standard, directed the National Osteoporosis Prevention Program and built the region's first dedicated screening clinic, and took command of frontline Covid-19 clinics through the pandemic. He is Manager of 2 PHCs and Medical Director of 4 PHCs, Chairman of the Board at Mithaq Al-Najah, co-founder of Health Power Medical Company, Founder of Axle Vision, and a board member for several other projects and companies.

14+

Years in family practice

10+

Years training healthcare teams

03

Health centres directed

THE HEALTHCARE JOURNEY

From medicine and wellness to boardroom strategy.

Medicine, governance, and enterprise, compounding into one operator who has run the very facilities he now transforms.

2013
MBBS

The foundation for understanding healthcare from the inside out.

2014

Diploma, Family Medicine
A specialization that powered a decade of primary care.

2016–2018

Manager & Medical Director, Al-Qurain Health Center
His first institutional leadership role.

2018–2019

Medical Director, Al-Shuqaiq PHC Center
Earned CBAHI accreditation, then enabled five more centers.

2018–2020

Director, National Osteoporosis Prevention Program
1st place in regional school-health education; built the region's first screening clinic.

2019

Co-founder, Health Power Medical Company
The move from running facilities to building them.

2020–2022

Medical Director, Al-Shu'bah Tataman Covid-19 Clinics
Command of emergency logistics, crisis containment, and data reporting.

2023–PRESENT

Program Consultant & Executive Coach, Niche Coaching
Executive development and program consulting.

TODAY

Chairman, Mithaq Al-Najah · Founder, Axle Vision
Leadership development, organisational transformation, and human capital for the Kingdom.

DR. ESSA
AL-AHMAD

VENTURES & PROJECTS

One philosophy of wellness applied across his practice, his advisory firm, and his community.



01.
Medical & Wellness Consulting

Holistic medical and wellness consulting for patients, families, and organisations: preventative care, lifestyle medicine, and second opinions, grounded in 14+ years of family practice.

02.
Axle Vision

The advisory firm he founded — leadership development, organisational transformation, and human capital development for businesses across KSA and the GCC. axlevision.com



03.
Al Mishkat (المشكاة)

A private community where doctors, nurses, therapists, pharmacists, and physician assistants connect, mentor one another, and learn the business side of care.

04.
Dr. Essa Wellness Script

A free weekly newsletter, sent every Wednesday, with practical wellness advice, health news, and local healthcare updates.

Advisory & Leadership

Building the leaders the Kingdom needs.

THE WORK

Axle Vision is the Saudi advisory firm Dr. Essa founded — leadership development, organisational transformation, and human capital development for businesses across the Kingdom and the GCC, grounded in global best practice and built for Vision 2030.

WHY IT MATTERS

Lasting change needs leaders and systems, not just technology. Axle Vision helps organisations assess, execute, and measure it.

WHERE IT IS GOING

A trusted advisory partner for the Kingdom's leaders and institutions, scaling human-capital development across the GCC.



Treat the institution the way you treat the patient — the whole system, over years.



Medical & Wellness Consulting

Protecting health before it is lost.

THE WORK

Medical & Wellness Consulting brings holistic, preventative care to patients, families, and organisations, drawing on more than 14 years in family practice. It covers lifestyle medicine, longevity-oriented family care, and second opinions for conditions that need care not yet available locally.

WHY IT MATTERS

So much of what shortens a life is preventable. By shifting care from reaction to prevention, and by guiding families to the right expertise wherever it lives, Medical & Wellness Consulting protects families across a lifetime rather than treating one episode at a time.

WHERE IT IS GOING

A model of holistic, preventative family medicine for patients, families, and organisations alike — growing the standard for how health is preserved, not merely repaired.



The best
medicine is the
illness that
never arrives.

Al Mishkat (المشكاة)

A community built for the
people who deliver care.

THE WORK

Al Mishkat (المشكاة) is a private community where doctors, nurses, therapists, pharmacists, and physician assistants connect, mentor one another, and learn the business side of care.

WHY IT MATTERS

Success in healthcare can be lonely. Al Mishkat gives healthcare professionals a room of their peers, mentorship, and knowledge that compounds every member's growth and impact.

WHERE IT IS GOING

A widening community of healthcare professionals across the Kingdom and the Gulf, growing together toward Vision 2030.



HIS WELLNESS PHILOSOPHY



Wellness means balance — physical, mental, social, and spiritual — for the people who give care as much as those who receive it.



Healthy systems begin with healthy professionals.

He believes the Kingdom's next era of medicine is preventative before it is curative, holistic before it is procedural. Family medicine, done well, protects health across a lifetime rather than reacting to illness one episode at a time. That is the foundation everything else is built on.

He treats the whole person — physical, mental, social, and spiritual — and believes healing happens best in community. He builds on a long horizon, from seed to forest, not season to season, with every decision aligned to Vision 2030 on the Kingdom's own terms.



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My father taught me that a crop never grows from soil and water alone. It needs the alignment of nature, devoted nurture, the mercy of Allah, and the intention to do good with whatever you harvest. I carry that into medicine. I am not here only to prescribe and advise; I am here to cultivate an ecosystem where physical health is raised by mental peace, by relationships, by honest self-reflection, and by the resolve to spread good and open opportunity for all. That, to me, is Vision 2030 brought down to the level of the family and the community.

Dr. Essa Al-Ahmad

HIS IMPACT

Reshaping Communities

He is not trying to treat more illness. He is trying to change how an entire region stays well, one family, one physician, one habit at a time.

At the centre of his community work is preventative health medicine: longevity-oriented, culturally grounded care that looks beyond the presenting complaint to the habits quietly eroding quality of life, smoking, vaping, inactivity, excess sugar and caffeine, and rebuilds patient coaching around a long vision of health rather than reacting to illness one episode at a time. It is care designed to protect people across a lifetime, not just to manage the next crisis.



That reach extends to the people most easily overlooked: children through school-health education, the elderly, patients living with chronic disease, and those with special needs, supported by practical, frontline training for the home-health and school-health staff who deliver care where health actually happens.

Through ALMishkat (المشكاة), he shares his process and his vision openly, so that as many healthcare professionals as possible — doctors, nurses, therapists, pharmacists, and physician assistants — across the Kingdom, the Gulf, and globally, practice along the same preventative principles. Rather than guard a method, he multiplies it: every professional who adopts it becomes another source of healthier families and better quality of life in their own community.

The result is impact that compounds. One clinic becomes a network of clinics. One preventative habit becomes a healthier generation. And a personal philosophy of care becomes a shared standard for the profession, exactly the kind of long-horizon, quality-of-life outcome that Vision 2030 is built to deliver.





Prevention first

Care designed to protect health across a lifetime, not just treat the next episode of illness.



A knowledge & resources network

Always learning at the frontier of healthcare innovation, he supports health-tech founders and maintains a global network of physicians and facilities for conditions that cannot yet be treated locally.



A multiplying effect

Every doctor who adopts his approach carries healthier families and better quality of life into their own community.



IN CONCLUSION

**One physician, building healthier futures
from seed to forest.**

Every part of Dr. Essa Al-Ahmad's work points in the same direction: one philosophy of wellness, applied everywhere. Medical & Wellness Consulting protects families before illness takes hold. Axle Vision builds the leaders and systems the Kingdom needs.

His community work turns the philosophy into reach. By reshaping communities through preventative medicine, and by giving his method away through Al Mishkat (المشكاة), he multiplies healthier families and better quality of life across the Kingdom, the Gulf, and beyond.

Tend the professionals, and the systems grow healthy. Give the knowledge away, and the impact multiplies. Build for the long horizon, and a single seed becomes a forest. Consulting that prevents, an advisory firm that builds leaders, a community that lifts the profession, and a weekly note that keeps families well. One philosophy of wellness, from seed to forest.



DR. ESSA
AL-AHMAD

WEBSITE
www.dressaalahmad.com

EMAIL
hello@dressaalahmad.com