



Prof. Dr. Ismail Khalil Abbas

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Arabic ★★★★★
 English ★★★★★
 French ★★★★★



OVERVIEW

A PHD holder, a fitness doctor, an entrepreneur, and a leader with 30+ years of experience, worked through it in the fitness, health, and Obesity field for the most important fitness Gym and facilities, health clinics, and coaching VIP in the kingdom. In addition to lead, manage, and evolve different entrepreneurship. Also, he is the founder and creator of the integrated healthy physical treatment theory for modern diseases. Dr. Ismail is highly considered as an effective, productive, and dynamic leader, including increasing the productivity of the work teams, in addition to his work in developing and operating businesses to reach its strategic objectives by following the most trusted theoretical and working strategies to have the best results

WORK EXPERIENCE

"Hit and Fit" fitness club in Skaka (Aljouf)- Consultant 2018-2023

- A consultant, founder and a leader in building and operating a female fitness chain, where Dr. Ismail worked on leading and operating the opening of the first branch in Al Jouf. Sakaka
- Providing a numerous training in leadership, management, and charisma for the team

Wellness Kitchen Restaurant-Co-Founder and Partner 2016-2022

A partner and co-founder and the CEO for the first organic restaurant in Saudi Arabia that serves the public and VIPs (Royal Family and Ministers), where 4 health programs were designed creatively and served for the first time in the Kingdom, and helped a lot of members to enhance their health.



"Ishbilia Compound" fitness club-Consultant 2015

Leading and managing the fitness gym and providing managerial consultations to operate the fitness club in Riyadh city for a whole year.

The Previous Prime Minister-A consultant and fitness & Obesity Doctor 2003-2016

A consultant doctor in fitness and obesity for one of the top royal family in Saudi Arabia.




The Fitness & Sports Facilities in Diplomatic Quarter- Deputy Manager 1994-2003

A deputy manager for the fitness and sports club in the DQ that is part of Royal Commission to Develop Riyadh City. Where Dr. Ismail worked on managing the fitness club, develop and enhance its services for the different departments, including creating & providing fitness and health training and conducting a numerous numbers of health lectures.

ACADEMIC QUALIFICATIONS

Qualifications in Fitness & Sports, Nutrition and Health

-  **Holds** a Prof. Ph.D in designing fitness and nutritional programs, the Canadian Weider Academy, 2006.
-  **Holds** Ph.D. with honors in physical fitness and obesity, the National Academy of Physical Culture (NAPC), Prague, Czech Republic, 2004.
-  **Holds** a MA in healthy nutrition, the National Academy of Physical Culture(NAPC), Prague, Czech Republic, 2002.
-  **Holds** a diploma in Fitness & Sports Facilities and Health Clubs Management, France, 2021.

-  **Holds** a high diploma in physical fitness and nutrition, the University of Pennsylvania, USA, 1998.
-  **Holds** various certifications in treating intellectual and psychological disorders related to healthy lifestyle from specialized UK academies, 2008.
-  **Holds** various international & local certificates for train the trainers since (2009 - 2021).

Qualifications in leadership, management and self-development

Holds various High diplomas in entrepreneurship, leadership, CEO and consulting from the American University in the Emirates and others, 2021.

Holds a certification in Advanced Business Administration, the American University in the Emirates, 2021.

Holds a diploma in Administrative Leadership from UK, 2022.

Holds a diploma in Marketing and HR Management from UK, 2019 and 2021.

Holds an international diploma as a consultant on diplomatic ethics and international protocol, November 29, 2021.

Holds certifications in general and private personal training in leading and executive coaching from UK and Kuwait, 2018 and 2021.

Holds a certification in Project Management Professional Program (PMP), 2019.

Holds various certifications in preparing certified trainers in various programs from the Debono Center for Teaching Thinking under the supervision of the Ministry of Education in KSA, in the following areas:



Holds a certification in the Ron Hubbard's Dianetics: The Modern Science Of Mental Health, UK, 2009.

Attended dozens of courses that are difficult to enumerate but he mentioned them with their various topics in leadership, management, preparing the junior and advanced manager and CEO, strategic planning and thinking, managing SMBs enterprises, personal styles, in addition to a group of life skills courses, negotiation, persuasion, positive thinking, secrets of personal success, secrets of emotional intelligence, social intelligence, team leadership, the art & science of influence, goal setting, and many other courses, in his biography.

Specialized and various international and Arabic certifications many years ago to date in the following branches of leadership:

Principles of leadership.
Characteristics and styles of leaders.
Types of leaders and followers.
Leader Preparation
 Training and leadership environment
Exploring and educating leaders

Leadership style analysis
Ethical leadership
Change leadership
Leading women
Success in leadership
The essence of leadership
Agile leadership
Service leadership
Situational leadership

SPECIAL ACHIEVEMENTS

- Creator of the integrated healthy physical treatment theory for modern diseases.
- Designer of specialized fitness programs for various projects.
- Founder and leader of one of the leading healthy restaurants for the elite, ministers, and entrepreneurs, which is the first restaurant with healthy organic products in KSA since 2016.
- Latest achievements: founder of GREAT LEADERS website which is dedicated to train entrepreneurs and administrative and fitness & sports leaders.
- Significant books in the areas of leadership, wisdom and health (coming soon).
- Latest projects: I am currently working on preparing the Great Leaders Academy project to serve humanity that awaits a promising future.

AREAS OF PROFESSIONAL TRAINING IN

Acquiring the ideal health by successful entrepreneurs and leaders (the healthy side of an entrepreneur).

The art of charisma for the receptionists.

Leading managers in the work of women's and men's fitness & sports clubs.



Physical fitness and fighting obesity (for specialists).



The laws of great personal charisma.

Work and business management ethics.



The art of designing a training program for different types of fitness clubs.

LECTURED AND PROVIDED TRAINING IN

- Obesity and the New Solutions at Prince Sultan bin Abdulaziz University in Riyadh, 2017.
- An integrated course (The integrated program for the health of businessmen) Jeddah, KSA, 2013.
- Consulting and designing integrated health programs in physical fitness, healthy nutrition and healthy lifestyle, in addition to following up a group of ministers, ambassadors, princes and princesses in KSA for more than 25 years.
- A lecture and a TV program (Physical fitness and healthy nutrition: their impact on addicts) at the invitation of the MOH, Addiction and Drugs department.
- A group of interviews on "Dana" TV under the title "Obesity, Fitness, Health and Beauty."
- Provided training to a group of fitness and Obesity specialists.
- Provided training to a group of women's and men's Fitness clubs under the title: "Leadership and operation management, the design of various fitness and health programs, creativity in the social activities of sports clubs".