



Emmanuel Rowland

Content Creator

Motion Designer

Marketing Strategist

Building brands.
Telling stories.
Creating content
people remember.



11.8K+

Audience Built
Across Platforms



10+

Years Creating
Design, Content, Impact.



3

Original Brands
Built From The
Ground Up

Let's connect

Artstation
Mannyrow



ARTSTATION

LinkedIn
Emmanuel Rowland



LINKEDIN

Youtube
Perahtoons813



YOUTUBE

Portfolio
perah-toons



PORTFOLIO

✉ Erowland2021@gmail.com

☎ 07862373452

Lincoln, UK

ABOUT ME

WHO I AM

I turn ideas into **impact**.

I don't just create content.
I build brands, tell stories and
create experiences that people
remember.

Whether I'm producing fitness content,
launching entertainment platforms or
developing an original animated universe,
my goal is always the same: create
work that connects with people and
leaves a lasting impression.

Manny

WHAT DRIVES ME



PURPOSE

Every project
begins with **intention**.



CREATIVITY

Ideas become
stories that
people **remember**.



STRATEGY

Creativity
backed by
marketing.



COLLABORATION

Great work
is built
together.

WHAT I BRING

CONTENT
CREATION

Turning ideas into
engaging content
that informs,
entertains and
connects.

SOCIAL MEDIA
STRATEGY

Building impactful
social content that
grows audiences
and strengthens
brands.

MOTION
DESIGN

Bringing stories
to life through
motion graphics
and visual
storytelling.

BRAND
BUILDING

Creating strong
identities and
strategies that
help brands stand
out and grow.



STORYTELLING

Crafting narratives
that leave a lasting
impression and
build real
connections.

MY CREATIVE APPROACH



DISCOVER

Understand the
goal, audience
and opportunity.



IDEATE

Brainstorm ideas
and craft a clear
creative direction.



CREATE

Bring the concept
to life with design,
story and strategy.



DELIVER

Deliver content
that connects
and converts.



IMPACT

Measure, learn
and keep creating
meaningful impact.

TOOLS I USE

Ps

PHOTOSHOP

Ai

ILLUSTRATOR

Ae

AFTER EFFECTS

Pr

PREMIERE PRO

Lr

LIGHTROOM



CINEMA 4D



CAPCUT

LrC

LIGHTROOM
CLASSIC

Pt

SUBSTANCE
PAINTER

Ca

CANVA

“

CREATIVITY IS MY LANGUAGE.
IMPACT IS MY GOAL.

”

MY PERSONAL BRAND

MRPERAH
OFFICIAL

FITNESS. DISCIPLINE. LIFESTYLE.
STORYTELLING THAT INSPIRES.

MRPERAHOFFICIAL is more than a username
— it's my story, my journey and my purpose.

Through fitness, discipline and real life
experiences, I create content that motivates,
entertains and connects with people
worldwide.

I show up, I work, I inspire.
That's the mission.

Manny



Rowland Ayodele Emmanuel

268 posts | 11.8K followers | 1,242 following

Fitness Model
Animator. Gym beast. Artist.
Flexing skills & muscles daily.
Follow @joke__nation 🌞 | 🇳🇮 🇬🇧
linktr.ee/Kingmanny1

mrperahofficial Insights 1,606

 7.0K+ VIEWS Last 30 Days	 11.8K+ FOLLOWERS Growing Community	 HIGH ENGAGEMENT Real Connections	 GLOBAL REACH Worldwide Audience
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SCAN TO FOLLOW

MRPERAHOFFICIAL

ON INSTAGRAM



INSTAGRAM

FEATURED CONTENT

A GLIMPSE OF MY CONTENT
AND STORYTELLING

 44 ❤️ 3 💬 0 📌	 119 ❤️ 33 💬 8 📌	 13 ❤️ 4 💬 2 📌
 44 ❤️ 7 💬 6 📌	 13 ❤️ 4 💬 5 📌	 36 ❤️ 2 💬 1 📌

BRAND PILLARS



FITNESS

Training hard &
building a better
version of me.



DISCIPLINE

Consistency,
focus and
mental strength.



LIFESTYLE

Daily habits,
growth and
purpose.



STORYTELLING

Real moments
that inspire and
connect.



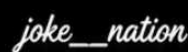
COMMUNITY

Motivating others
to become their
best.

BRAND COLLABORATIONS



SUPPLEMENT PARTNER



CONTENT PARTNER

“ I DON'T JUST POST CONTENT,
I BUILD CONNECTIONS. ”

ABOUT PERAHTOONS



PerahToons

CREATIVE STUDIO

3D ANIMATION • MOTION DESIGN • VISUAL STORYTELLING
BRAND DESIGN • 3D MODELLING

PerahToons is my creative studio where ideas evolve into cinematic visuals, immersive environments, compelling motion graphics and original intellectual properties.

Every project combines technical precision with storytelling to create memorable experiences.

Manny

FOUNDER & CREATIVE DIRECTOR

100+
PROJECTS COMPLETED

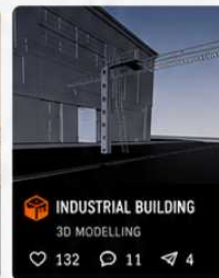
5+
YEARS OF EXPERIENCE

GLOBAL
CLIENTS & COLLABORATIONS

END TO END
CREATIVE SOLUTIONS

FEATURED PROJECTS

A GLIMPSE OF MY WORK



TOOLS I USE



ARTSTATION



Emmanuel Rowland

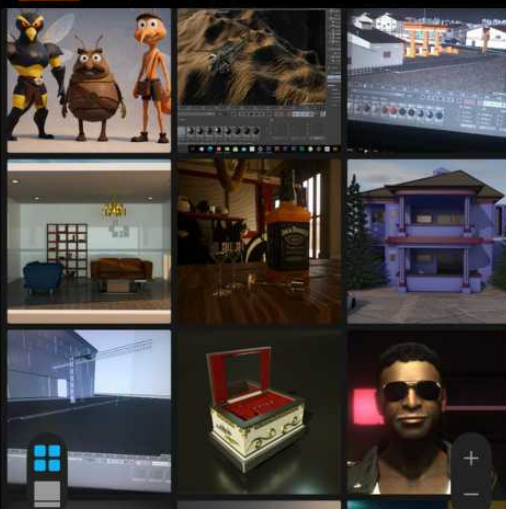
3D Generalist

Lincolnshire, United Kingdom

Follow

Message

Portfolio About Likes (1.2K)



artstation.com/mannyrow



78.6K+
VIEWS
Last 30 Days



11.8K+
FOLLOWERS
Growing Community



HIGH
ENGAGEMENT
Real Connections



GLOBAL
REACH
Worldwide Audience

SCAN TO VIEW
MY PORTFOLIO



ARTSTATION



FITNESS & LIFESTYLE BRAND

PROJECT MANNY

MIND. MUSCLE. MOTION.

Project Manny is my personal fitness brand built on discipline, self improvement and inspiring a healthier lifestyle through real content that educates, motivates and brings value.

Manny



6.3K+
FOLLOWERS



1.8K+
AVG. MONTHLY
VIEWS

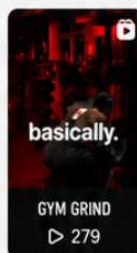


200+
VIDEOS CREATED



50K+
ACCOUNTS
REACHED

FEATURED CONTENT



WHAT I CREATE



WORKOUT TUTORIALS
Step by step guidance to help you train smarter.



EXERCISE EXPLAINERS
Breaking down exercises, lifts and fitness concepts.



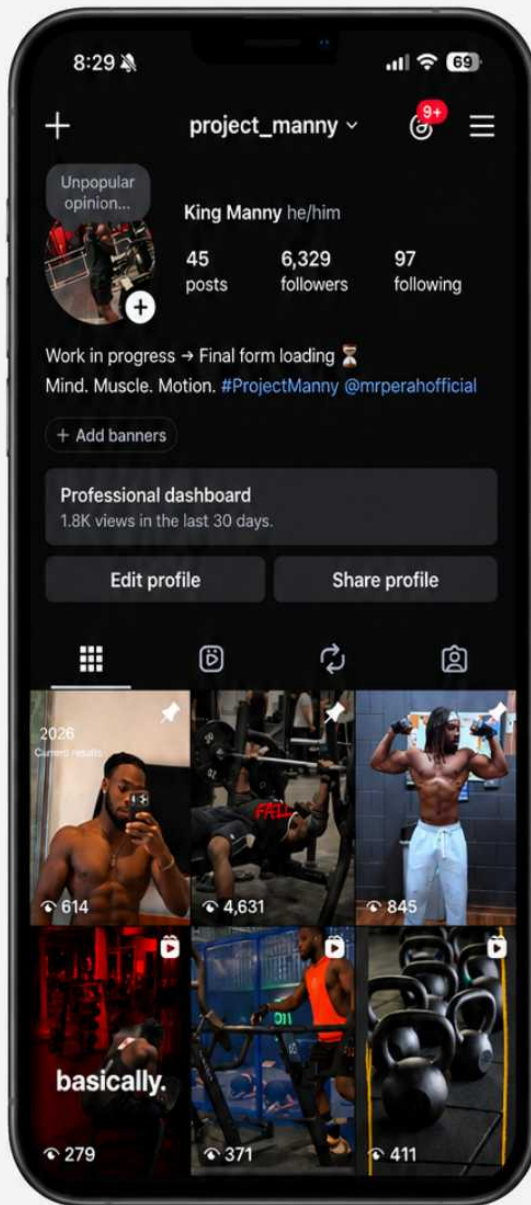
GYM CONTENT
Real gym sessions, lifts and behind the scenes.



MOTIVATION
Daily mindset tips and real life motivation.



TRANSFORMATION JOURNEY
Documenting progress and inspiring others.



06

JOKE NATION

COMEDY • PODCAST • CULTURE • REAL TALK



COMEDY & PODCAST BRAND

JOKE NATION

LAUGHS. CULTURE. REAL TALK.

Joke Nation is a comedy and podcast brand that brings people together through hilarious skits, real conversations and unfiltered entertainment.

We laugh. We talk. We connect.

Manny

3.2K+
FOLLOWERS

1.1K+
AVG. MONTHLY VIEWS

150+
VIDEOS CREATED

2+
PODCAST SERIES

THE PODCAST



REAL CONVERSATIONS. BIG LAUGHS.

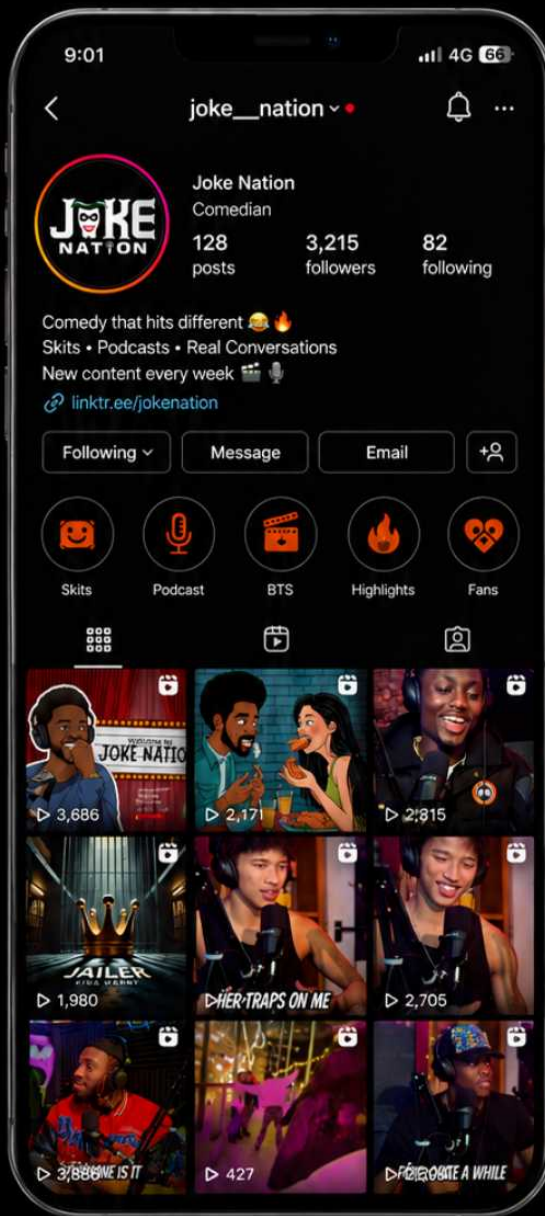
We bring raw conversations, wild stories, opinions and laughter to the table. No script. No filter. Just vibes.

NEW EPISODES EVERY WEEK

JOKE NATION

WE DON'T JUST
TELL JOKES.
WE BUILD A
MOVEMENT.

LAUGHS TODAY. LEGACY TOMORROW.



WE TALK ABOUT

- EVERYDAY LIFE**
The funny things we all go through.
- RELATIONSHIPS**
Love, situationships and everything in between.
- CULTURE & SOCIETY**
Real opinions on real issues.
- ENTERTAINMENT**
Movies, trending topics and more.
- HOT TAKES**
Unpopular opinions and hilarious debates.



SCAN TO FOLLOW
JOKE NATION

INSTAGRAM

AMOS KITO SHOWRUNNER SET

AMOS KITO

THE COLONY CHRONICLES

ORIGINAL ANIMATED SHORT FILM

ONE MOSQUITO
CAN **CHANGE** A COLONY.

BUZZVILLE

A hidden city beneath the roots of the Great Tree. A thriving insect civilization built in harmony with nature.

TANGLEWOOD

A dense, ancient forest on the edge of Buzzville. Dark, wild and unpredictable—full of hidden dangers and unknown paths.

ABOUT THE PROJECT

Amos Kito is an original cinematic animated short following a young mosquito determined to change the future of his species.

Combining humour, emotion and adventure, the film explores courage, sacrifice and innovation through a stylised world of insects.

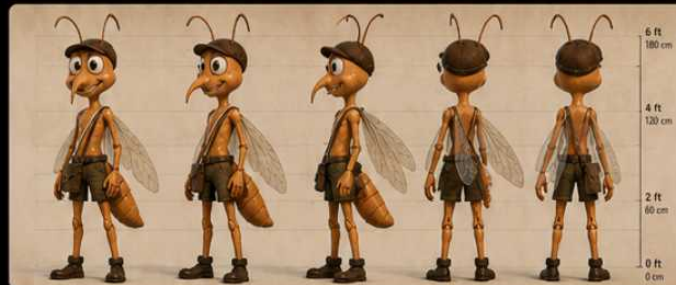
MY ROLES

-  CREATOR
-  WRITER
-  DIRECTOR
-  STORYBOARD ARTIST
-  CHARACTER DESIGNER
-  3D GENERALIST
-  MOTION DESIGNER
-  BRAND DESIGNER
-  MARKETING LEAD

MEET THE CAST



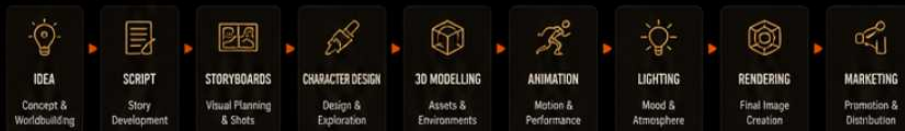
AMOS KITO TURNAROUND



CHARACTER SHEETS



PRODUCTION PIPELINE



15+

CHARACTER
DESIGNS

20+

STORYBOARD
SEQUENCES

100%

ORIGINAL
IP

IN
PRODUCTION
CURRENT
STATUS

NOTES

- NO CHARACTERS IN SET
- KEEP SET CLEAN FOR ANIMATION
- PLENTY OF CAMERA ANGLES AND DEPTH
- USE FOG AND LIGHTING FOR MOOD

PRODUCED BY
PerahToons

WRITTEN & DIRECTED BY
EMMANUEL ROWLAND

EXPERIENCE & SKILLS

Eight years creating across design, animation, branding and marketing.

EXPERIENCE TIMELINE



2017 – 2019

GRAPHIC DESIGNER & INSTRUCTOR PERPETUAL CREATIVITY

Designed branding, print and digital campaigns while mentoring aspiring creatives and delivering training in design principles and software.



2019 – 2021

3D GENERALIST & MOTION DESIGNER TEESAS

Created high-impact visual content for brands and media including:

- Motion Graphics
- 3D Animation
- Product Visualisation
- Marketing Assets



2018 – PRESENT

FREELANCE CREATIVE

Worked with clients and brands worldwide across multiple industries. Services include:

- Branding & Identity
- Motion Design
- 3D Modelling & Animation
- Video Production
- Social Media Content
- Marketing Campaigns



2022 – PRESENT

HEALTHCARE SUPPORT WORKER

Developed resilience, leadership, communication and problem solving while providing high quality care and building strong relationships. Pursuing creative work alongside full time employment.

EDUCATION



MSc MARKETING UNIVERSITY OF LINCOLN

Completed with Distinction
Specialised in Digital Marketing,
Brand Strategy & Consumer Behaviour.



BA ENGLISH LANGUAGE MCPHERSON UNIVERSITY

Strong foundation in communication,
analysis and creative writing.

CORE SKILLS



MOTION DESIGN



3D ANIMATION



GRAPHIC DESIGN



BRAND IDENTITY



VIDEO EDITING



PHOTOGRAPHY



MARKETING STRATEGY



CONTENT CREATION



CREATIVE DIRECTION



STORYTELLING



SOCIAL MEDIA



VISUAL COMMUNICATION

SOFTWARE



CINEMA 4D



AFTER EFFECTS



PHOTOSHOP



ILLUSTRATOR



PREMIERE PRO



LIGHTROOM



CHARACTER CREATOR



ICLONE



MAYA



SUBSTANCE PAINTER



CAPCUT



CANVA

Always learning. Always creating.

8+



YEARS EXPERIENCE

A diverse background in creative industries and people-focused roles that build real skills.

100+



CREATIVE PROJECTS

Delivered for brands, clients and personal IPs across multiple platforms.

4



CREATIVE BRANDS

Built and growing brands with strong identities and loyal communities.

3



ORIGINAL IPS

Developed original worlds, characters and stories from the ground up.



FOCUSED



CREATIVE



STRATEGIC



RELIABLE

Manny

MAKING IDEAS UNFORGETTABLE.

09

• THANK YOU FOR EXPLORING MY WORK

LET'S WORK TOGETHER



“Turning ideas
into stories
people **can't**
ignore.”

I create animated worlds, compelling
characters and bold content that connect,
entertain and leave a lasting impact.

LET'S BUILD SOMETHING UNFORGETTABLE.

GET IN TOUCH



erowland2021@gmail.com
EMAIL



07862373452
PHONE



Lincoln, UK
LOCATION



AVAILABLE FOR

FREELANCE PROJECTS • FULL-TIME ROLES
COLLABORATIONS • CREATIVE PARTNERSHIPS



IDEATE

Turning concepts
into powerful
ideas.



CREATE

Designing visuals
that communicate
and inspire.



ANIMATE

Bringing stories
to life through
movement.



RENDER

Crafting cinematic
visuals with mood
and depth.



PROMOTE

Strategic content
that reaches and
resonates.



GROW

Building brands
and audiences
that last.

CONTENT CREATOR • MOTION DESIGNER • 3D ARTIST • BRAND DESIGNER • STORYTELLER

THANK YOU FOR YOUR TIME.
I LOOK FORWARD TO CREATING WITH YOU.

Emmanuel Rowland
MRPERAHOFFICIAL