



Punteha van Terheyden

BA(Hons) English Language and
Communication with Journalism and
Digital Publishing, 2007

Commissioning Editor, *Take a Break* magazine

Editing and ghostwriting

To write and commission for the biggest-selling women's magazine is certainly an achievement worth talking about. And for Punteha van Terheyden, it's something she's been doing for the past five years.

Punteha is Commissioning Editor for *Take a Break* and is responsible for commissioning features for the magazine and planning each issue. Before commissioning for the magazine, Punteha was Senior Feature Writer. She signed and wrote a range of real-life stories including: campaigns to lower the age of cervical cancer screening in the UK, restorative justice, true-crime, love-cheats, weight-loss, uplifting love stories and many more.

She's also branched beyond journalism. Punteha says: *'I have ghost-written two real-life books for Penguin and am working on my third. The first was released in November 2014 and was a Sunday Times bestseller, the second is due for release in December 2015 and another in October 2016.'*

Getting experience

Punteha believes that work experience is absolutely vital to work in journalism. *'The sooner you get started, the better off you'll be. I began organising work experience on national magazines in my first semester at university and it was because of those placements that I was able to secure my first job.'*

She also believes in grabbing every opportunity offered at university, particularly those which have an application in writing. Punteha says: *'If you're offered a chance to learn shorthand, do it! I regret not taking up UH's offer of a course and ended up having to do it on my own later.'*

Even though experience in industry is now Punteha's biggest asset, it was her degree that made her realise exactly what sort of journalism she was interested in. *'Without my degree at Hertfordshire,' she explains, 'I would not have realised so early on that real-life features were what I wanted to specialise in. That realisation helped me focus my energy to the particular sector of the media I wanted to work in.'*

Career history

Punteha's career began with a two-week stint on the features desk of INS News, a regional agency for national newspapers and magazines. *'It was on the strength of those two weeks that I secured a six-month contract, and then a permanent job as feature writer. I remained there for two years, mentored by a former Fleet Street exec, selling stories to national publications. I then went on to shift on feature desks before securing a permanent feature writer job at Take a Break.'*

In the future, Punteha wants to continue working in true-life and ghost-writing more books.



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