

IRS Case Studies



Sue Eggleton

Sue runs the Equine Travel Agency in Kent and came to see Vicky at IRS for some intense 1-2-1 sessions to help her overcome the mental barriers she had created in her head when competing. Below is what she has to say about her sessions and about her success.



Margaret Phizacklea

Margaret is a vet who was struggling to come to terms with a riding accident that left her with a broken ankle. She had created a mental block about her riding and came on one of our workshops in 2010. Margaret wrote an article in Your Horse magazine (pic above) outlining her experience and subsequent success. She has been featured in Horse & Hound many times too, going on to win the Regionals. Here's what she said about the workshop: "I was sceptical, but was struggling so much. All I could think about was falling off and hurting my ankle. It's not something I'd normally consider. I honestly can't tell you what's different but I know it was money well spent. I know my subconscious is definitely doing something different. Vicky & Frances put 100% into the the workshop and I'd recommend it to anyone."

Margaret Phizacklea, YH Article September 2010

At the end of 2010 I wanted some help with my nerves and emotions regarding competing, to try to help me to perform better, so I went to see Vicky.

In 2011 my bay mare Nachtigall and I finished the BE eventing season as top BE100 horse and rider in the whole country – in our first season! We also qualified for the British Eventing BE100 Grassroots Championships at Badminton 2012 – which has now been postponed to 2013.

In 2012 we moved up to Novice, and I started competing a new horse Iron Maiden. We are just finishing the 2012 season, and have had numerous fantastic results, and now Nachtigall is almost out of Novice she has so many points. She has two qualifications for the Novice regional finals for next year. Next weekend I am taking both mares to our first CIC* international FEI competition. To my great surprise I think it is very likely that the 3 of us will start competing at Intermediate level next season

– something that I never thought that I would do in my 40s!

I am absolutely sure that the sessions I had with you have been extremely influential in our success. I no longer suffer from the self-doubt or the nerves that were so crippling. And furthermore, when I do have success I enjoy it to the full, feel proud of both myself and my horses, and do not feel embarrassed or unworthy. I enjoy every second of competing my horses, and if I do ever have any worries I still think back to our sessions to help me overcome them.

Above are pictures of me competing, as well as a picture of myself and William Fox-Pitt at the Event Riders Association ball in January 2012, being presented with the 2 British Eventing trophies for 2011 top foundation point horse and top foundation point rider.

I have recommended IRS and their services many times, and will continue to do so.

Sue Eggleton, October 2012