

Connect Apps — Give Claude Real Actions

Composio: let Claude actually send the email, open the issue, post the message — across 1000+ apps.

OPERATOR STACK

Most skills make Claude *talk* about doing something. **Connect Apps** makes it *do* it. Backed by the Composio CLI, it lets Claude take real actions in Gmail, Slack, GitHub, Notion and 1000+ other services straight from the terminal.

Who it's for

Anyone who wants Claude to move work forward, not just draft it — triage an inbox and actually reply, file the bug, ship the Slack update, log notes to Notion.

Step 1. Install the Composio CLI

```
curl -fsSL https://composio.dev/install | bash
```

Step 2. Log in

```
composio login  
composio whoami
```

Opens a browser to authenticate, then asks you to pick a default org and project.

Step 3. Link the apps you need

```
composio link gmail  
composio link slack  
composio link github
```

Each command runs the OAuth flow once; the connection then persists.

Step 4. Confirm it works

```
composio execute GMAIL_SEND_EMAIL -d '{  
  "recipient_email": "you@example.com",  
  "subject": "Composio test",  
  "body": "Hello from the CLI"  
}'
```

If the email lands, you're connected. From here you just ask Claude in plain English and it runs the right tool:

Ask Claude to...	Claude runs
"Email sarah@acme.com about the launch"	<code>EMAIL_SEND_EMAIL</code>
"Create a GitHub issue: fix login bug"	<code>GITHUB_CREATE_ISSUE</code>
"Post to Slack #general: deploy complete"	<code>SLACK_SEND_MESSAGE</code>
"Add meeting notes to Notion"	<code>NOTION_CREATE_PAGE</code>

Two variants. This guide covers the **CLI** skill (ComposioHQ/awesome-codex-skills). There's also a plugin version in ComposioHQ/awesome-claude-skills: `/plugin install composio-toolrouter` then `/composio-toolrouter:setup` (needs a free Composio API key). Pick whichever fits your setup.

It takes real actions. These commands send real emails and create real issues. Start in a test inbox / sandbox repo, and review what Claude proposes before letting it run against production accounts.