



FRAME × FRAME ACADEMY

Your AI Agent Team — Starter

Stop doing it all yourself. Build a crew.

THE LEVELS

- 1 agent + tools (start here: Claude Code).
- Workflow agent (n8n, triggered automatically).
- Multi-agent crew (specialists sharing context).

THE FIRST CREW ROLES

- Researcher — gathers + summarizes.
- Maker — writes/edits/generates.
- Reviewer — checks quality + catches errors.



FIG 01 THE LEVELS — one agent with tools, then an automated workflow, then a crew of specialists sharing context.

THE TOOLS

- n8n — automate media tasks (rename, process, generate).
- Claude Skills — snap-on abilities (Superpowers, design, review).
- RooFlow-style routing — simple jobs to cheap tier, hard jobs to the best model (cut cost ~75%).

Join the [AI Agent Starter Kit](#)

THE RULE

- You manage AIM, not steps. Give goals, check results.



FIG 02

THE FIRST CREW — researcher gathers, maker builds, reviewer checks. Work passes desk to desk without you.

► Spin up ONE agent with one real job this week.