

Where each assistant keeps its settings

Where to find what the register asks for in Claude, ChatGPT and Gemini, as read on the vendors' own pages on 16 Oct 2026.

REGISTER	CLAUDE	CHATGPT	GEMINI
Work plans	Team or Enterprise	Business or Enterprise	Google Workspace: the models and features depend on the licence your organisation has
Chat, tasks and code	One conversation for questions and handed-over tasks: Cowork is part of chat since 16 Sep 2026. Claude Code, a separate place, is only for software	Chat for questions, Work for tasks and finished files, Codex for software, in one desktop app since 9 Jul 2026	Chat for everyone. Task, the agent, only on personal accounts with Google AI Pro or Ultra for now. At work, Gemini sits inside Gmail, Docs, Sheets, Slides, Drive, Chat and Meet
Connected apps	Connectors, in Customize > Connectors. On Team and Enterprise an owner adds them first	Apps, installed inside plugins, in Settings > Plugins	Connected apps, in Customize or Settings > Connected Apps. On a work account the admin decides which are allowed
Approval setting	Per tool: Always allow, Needs approval or Blocked. By default Claude asks before taking an action	Always ask, Allow read actions, Allow low-risk actions or Allow all actions. Work asks you to approve important actions	Write actions in connected apps always need your confirmation. Tasks confirm some actions and sign-ins
Memory	Settings > Memory. On Team and Enterprise an owner enables it and each person opts in. Each project has its own memory	Settings > Personalization > Memory. A project can keep project-only memory; shared projects always do	On work and school accounts the admin controls it. Chat history is kept 18 months by default
Scheduled tasks	Scheduled tasks, such as a report every Monday. Long tasks can carry on with the laptop closed	Scheduled Tasks: once, on a schedule, or when a new Gmail or Slack message arrives. Not on Free or Go	Schedules inside tasks, on personal accounts
Projects	Projects with their own files and instructions. On Team and Enterprise, shared as Can view or Can edit	Projects with files and instructions, shared with chat or edit access	No projects by that name: the nearest is a notebook in Gemini Notebook, formerly NotebookLM
Skills	Customize > Skills. Read a shared skill's files before you turn it on	Inside plugins. Make one by typing @skill-creator	Customize > Skills. Work and school accounts soon

Features reach accounts in waves: if a setting is missing, the reason is usually the plan, the country, a rollout still in progress or an admin setting. Re-check each line at its review date.

WHICH MODEL WHEN

THE JOB	CLAUDE	CHATGPT	GEMINI
Everyday writing	Sonnet 5.5, every plan	GPT-6 at Medium	Flash
Careful report	Opus 5.5, Pro and up	GPT-6 at High	Pro, thinking High
Multi-step task	Opus 5.5, in an ordinary chat	Work on Default, or GPT-6.1 Sol	Task with Argon, personal accounts
Hardest work	Fable 5.1 (Max, Team Premium, Enterprise)	GPT-6 at Pro, or GPT-6 Astra in Work	Gemini 4 Argon (Google AI Pro, Ultra)

Start on the default and move up only when the answer misses something that matters. On ChatGPT Free and Go the model is GPT-6 Luna.

Which assistant for what

Use the tool your organisation approves for company data: a personal preference never beats the data rules, mine included. When you choose what to approve, this is the honest picture as of Oct 2026.

BEST FOR WHAT

Writing and documents	Claude: clear business writing, and finished Word, PDF or Google Docs files from one conversation.
Spreadsheets	Claude: Claude for Excel cites the cells it used, keeps formulas intact and warns before it overwrites.
Slides	Claude, with ChatGPT close: OpenAI says GPT-6 Astra is its best model for following company templates.
Research	ChatGPT deep research when you must control the sources; Gemini Notebook for your own files.
Meetings	Gemini if you meet in Google Meet; otherwise ChatGPT.
Email	Gemini inside Gmail; Claude or ChatGPT for Outlook.
Routines that start on a new email	ChatGPT Work, with tasks that start on a new Gmail or Slack message.
Pictures and video	ChatGPT or Gemini.

MY RECOMMENDATION

Claude first, ChatGPT second, Gemini third.

Claude for the simplest start to finish: one conversation, no mode to choose, asking before it acts, and finished office files on every plan.

ChatGPT for a strong agent in Work, with a cloud browser for signed-in websites and tasks that start on a new email.

Gemini where your organisation runs on Google Workspace. Its agent tasks, custom apps and skills are on personal accounts only for now.

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CONNECTORS AND MCP, IN PLAIN WORDS

- **A connector** (Claude), app (ChatGPT) or connected app (Gemini) is a signed-in link from the AI to another app, such as your files, calendar or chat. It is what the register's Connected apps column lists.
- **An MCP server** is the doorway the other app runs: it lists what the AI may do there, such as search files or create a record.
- The AI can reach only what your own account can reach, and only what the connector allows.
- **MCP**, the Model Context Protocol, is the shared standard those links are built on. Its own site compares it to a USB-C port for AI applications.
- **A plugin** is a box that holds connectors and skills together. **A skill** is a saved how-to; all three accept the same SKILL.md file.

BEFORE YOU APPROVE A CONNECTION

- 1 Is it allowed?** Use what your organisation approves. In Claude Team and Enterprise, an owner adds connectors first.
- 2 Who made it?** Prefer the official or verified one. Custom connectors are not verified.
- 3 What can it read and change?** Read the access screen before you approve.
- 4 Start careful.** Needs approval, Always ask or read only. Avoid Allow all actions.
- 5 Right account.** Your work account for work data, never a personal one.
- 6 Only what the task needs.** Switch connectors off in chats that do not need them.
- 7 Watch for hidden instructions** in files, emails and web pages it reads.
- 8 Know where data goes.** Connected services handle it under their own terms.
- 9 Disconnect when done,** and record each connection in the register.