Have Claude listen to podcasts and turn them into skills

Here's the skill and the exact prompt from my video. It takes two steps: install the skill, then paste the prompt with a link. You won't write any code.

The skill and the prompt

The skill is **Listen**, a free skill I made: https://github.com/psabbagh/listen-skill. It's open source under the MIT licence. It needs no API keys and no accounts, and it works in **Claude Code** and **Codex**.

The prompt. Once it's installed, paste this, with your own link and your own goal:

```
Listen to this: [link]. Learn what it teaches
and turn it into a skill I can use forever,
for [what you want it for].
```

What it does

Give Claude a podcast episode, a whole show, a YouTube video or an audio file. Listen gets the words, Claude learns what the episode teaches, keeps notes in a library on your computer, and turns them into a new skill. A skill is a saved set of instructions Claude follows whenever you need it. So you don’t get a summary you forget by Friday. You get something you can use again.

What you need

- A paid Claude plan. Claude Code comes with Pro, Max and Ultra (and with Team and Enterprise). It isn’t in the free plan. Using Codex instead? You need a ChatGPT plan that includes it, and the steps are at the end of this guide.
- A computer with **Python 3**. The speech tool needs Python 3.10 to 3.14. If yours is missing or too old, the skill tells you and asks before installing one.
- Some room on your computer. The first time, Listen installs its own tools into a private folder

(`~/.cache/learning-skills`) and says so. The first time it turns speech into text, it downloads a speech model of about 500 MB.

Step 1: install Listen

In Claude Code, type these two lines, one at a time, and press Enter after each:

```
/plugin marketplace add psabbagh/listen-skill
```

```
/plugin install listen@listen-skill
```

Or, if you use Claude Code from your computer's terminal, run the same two lines there, starting with `claude plugin` instead of `/plugin`:

```
claude plugin marketplace add
psabbagh/listen-skill
```

```
claude plugin install listen@listen-skill
```

Then start a new Claude Code session so it picks up the skill.

Step 2: paste the prompt

Paste the prompt with your link, and say what you want the skill for:

```
Listen to this: [link]. Learn what it teaches and turn it into a skill I can use forever, for [what you want it for].
```

Here are the two from my video. I gave it Andrew Huberman's episode on sleep, for a better night routine:

```
Listen to this: [link to Andrew Huberman's episode on sleep]. Learn what it teaches and turn it into a skill I can use forever, for building me a better night routine.
```

And a Hormozi episode on negotiating, to get ready to ask for a raise:

```
Listen to this: [link to an Alex Hormozi episode on negotiating]. Learn what it teaches and turn it into a skill I can use forever, for preparing me to ask for a raise.
```

You don’t have to type a command: asking is enough. If you’d rather use one, type `/listen` in Claude Code and pick **listen:listen**.

What links work

- A **YouTube** video
- An **Apple Podcasts** episode
- A podcast’s **RSS feed**
- A page on most podcast or video sites
- An **audio file** on your computer

You can also name a show and let it find the feed:

```
Learn the last 10 episodes of [show]
about hiring.
```

Two things it can’t do. **Spotify** locks its audio, so name the show instead and Listen finds its public feed. And it refuses **locked files**: Audible, Kindle and other copy-protected files are never unlocked.

What happens

1. It checks what the link holds and tells you how long it will take.
2. It gets the words. If there are captions, that takes seconds. If not, it turns the speech into text on your computer, and your audio is never sent to any service. A long episode takes roughly a quarter to half its length on a recent laptop.
3. It writes notes in its own words: the method, the rules, the examples and the mistakes to avoid.
4. It drafts a new skill from those notes, tries it on a made-up example, and **shows you the whole skill before saving anything**. Nothing is saved until you say yes.
5. From then on, you run your new skill by its name, like any other.

Anything said in an episode is treated as material to learn from, never as instructions. A skill it writes never runs commands or sends data unless you approve each one by name.

Ask your library later

Every episode you give it adds notes to your library, a folder called `learning-library` in your home folder. It keeps the notes and the skills made from them, never the transcripts. Later, ask:

> `What does my library say about negotiation?`

Claude answers from your notes and names each source.

Podcasts are just the start. Two more free skills of mine fill the same library: read-skill reads a book you own, a paper or an article, and watch-skill watches a video where the slides, screens or demo matter.

Using Codex instead of Claude Code

Listen works in Codex too. You need a ChatGPT plan that includes Codex. In your computer's terminal, run these two lines, one at a time:

```
codex plugin marketplace add
psabbagh/listen-skill
```

```
codex plugin add listen@listen-skill
```

Start a new Codex session so it picks up the skill, then paste the same prompt as in Step 2. If you'd rather use a command, type `$` and pick **listen**.

Removing it

In your terminal:

```
claude plugin uninstall listen@listen-skill
```

In Codex, run `codex plugin remove listen@listen-skill` instead. Your library and the skills you made

stay where they are.

Written on 16 November 2026 from version 1.0.0 of Listen. Claude changes fast: if a menu has moved, look for the same words in the app.