

Question 1: Duplicate Check

I'd first try to implement this requirement using a **Record-Triggered Before-Save Flow** to check if another Contact exists with the same email and display an error using **Custom Error element** provided by salesforce in flows.

If in the future we have more complex validation logic like prefer to check the domain name also like '@gmail.com' specific I'd migrate this to **Apex**, as it offers more scalability and control. But for this specific use case, **Flow is the best choice** for simplicity and maintainability.

Question 2: Auto Record Creation

Yes, I can build this with a **Record-Triggered Flow** on the Account object that runs **after insert**, creating a Task record for the Account Owner.

This is the recommended approach since it's simple, declarative, and easy to maintain by admins. But if we need to create task related to account and also opportunity, contact all at time after the account created we need to create complex flows to approach.

Question 3: Multi-Object Update

This requirement can be implemented using a **Record-Triggered Flow** on Opportunity.

When the Opportunity Stage is changed to *Closed Won*, the Flow can update the related Account's status to Active and all related Contacts' Customer Type to Premium. For a simple use case, **Flow is best**; for scalability, **Apex is better**.

Question 4: Complex Calculation

If your calculation is a single formula we can prefer flows for better approach using declarative tools. Using before save flow it is quick and easy to maintainable by admins.

When ever complex approach requires like hours, batch time, total cost based on the admin choice and any extra specific conditons also should must includes means apex is best approach to handle erros and complexity. We can solve this by using Both Flow and Apex.

where using flow we create screenflow to provide specific options like batch times, hourly pay rate, we do this complex logic using apex and integrate that apex with flow can be solve the problem. Which dynamic and we can extended if need with apex code.