Automate Folder creation and compression in Adobe PhotoShop or Bridge

In PhotoShop:

Bring out the Actions window
Click Record
DO your action
Once done, click stop. An action is created.
GO to Flle/Automate/Batch and choose the file and spec it.

You may also use Adobe Bridge for a much simpler process:

Export multiple retouched images using Image Processor.

In Bridge, use the filter tab to select the images you want to export.

Click Tools > Photoshop > Image Processor.

Choose the file format you want, determine if you want to resize the images.

The output files will be saved in a folder named "JPEG" or "TIF" under the folder you're working in.